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A PUBLICATION OF **The Washington Post** | LIVE ALL DAY AT WWW.READEXPRESS.COM | OCTOBER 17, 2006 | >> **FREE** <<

Tuesday



A man cries outside a hospital in Baghdad.

Heavy Toll: 91 killed in surge of sectarian violence in Iraq | **7**

Power On: Hawaii's electricity restored the day after quake | **6**



Safety Signed: Slumping Redskins add Vincent to help pass defense | **13**

ENTERTAINMENT

The Way: My Chemical Romance's destiny has long been clear. Also, Sting's very old new songs.

>> **22-27**



Weather >> Cooler, Rainy



59 | 57

FULL FORECAST ON PAGE 38

Sheik's Lawyer Gets Prison

28-month sentence given for smuggling terrorist's messages

NEW YORK | A firebrand civil rights lawyer who has defended Black Panthers and anti-war radicals was sentenced Monday to nearly 2½ years in prison — far less than the 30 years prosecutors wanted — for helping an imprisoned terrorist sheik communicate with his followers on the outside.

Lynne Stewart, 67, smiled, cried and hugged supporters after U.S. District Judge John G. Koeltl pronounced the 28-month sentence.

The judge said Stewart was guilty of smug-

gling messages between the sheik and his followers that could have "potentially lethal consequences." He called the crimes "extraordinarily severe criminal conduct."

But in departing from federal guidelines that called for 30 years behind bars, he cited Stewart's more than three decades of dedication to poor, disadvantaged and unpopular clients.

The judge said Stewart could remain free while she appeals, a process that could take



Stewart

more than a year.

Stewart was diagnosed with breast cancer last year, and her lawyer Elizabeth Fink had warned in a plea to the judge: "If you send her to prison, she's going to die."

Outside court, Stewart said the sentence was "a victory for doing good work all one's life." She added: "You get time off for good behavior usually at the end of your prison term. I got it at the beginning." (AP)

U.S. Confirms N. Korea Test Was Nuclear



EMERGENCY DRILL: South Korean workers put on gas masks Monday as they participate in a defense drill in Seoul. U.S. spy agencies confirmed North Korea tested a nuclear device last week, but results suggest it was a partial failure. ♣ **Inspection:** China examines N. Korea trucks on the border | **Page 8**

PURSUIITS | Drag Racing Omaha, Neb., police are looking for a thief who dragged a safe, stolen from a restaurant, through the city's streets Saturday morning, WOWT-TV reported. Police received reports of a car dragging a safe behind it by a chain. They



caught up to the car and gave chase, but the drivers abandoned the car and were able to escape. Police examined the safe and found that it was intact and its contents were still inside, despite being dragged through the streets. (EXPRESS) **EyeOpeners** | **Page 2**

eyeOpeners

COVERTNESS

Cops Must Be Here For Something Else

Two Peterborough, Ontario, men were charged with theft early Wednesday morning after their truck ran into a parking meter and then they stole the meter, the Toronto Star reported. The driver of the pick-up had swerved off the road, hitting the meter and a stop sign, police said. Officers responded to the scene at about 2:30 a.m., but the men and the vehicle were gone. While they were filling out a report from the parking lot, the truck returned, and Stuart Ross and Thomas Yule got out and retrieved the busted meter, police said. They were arrested as they carried the meter to the truck. The men were charged with theft. (EXPRESS)



SIDEWALK SHOPPING

Free to Good Home: Lots of Personal Info

Hundreds of patients in Greenwood Village, Colo., had their records dumped in a parking lot after their doctor was evicted from his office Thursday, WKMG-TV reported. Building management ordered the eviction of Charles Kay, but removed his belongings—including cabinets full of patient records and personal information—while he was away and dumped them in the parking lot. Kay, who arrived at the scene after some passers-by had already taken cabinets and desks from the pile, said the records contained Social Security numbers, birth dates and addresses. Kay said he was in the process of shredding the documents when the eviction occurred. (EXPRESS)



KAI-UWE-KNOTH/AP

GROOMING

Lick of the Litter

Well, if you're about to make your first big public outdoor appearance, you have to get cleaned up. Perhaps that's why this female lion licked her cub in the privately owned Hagenbeck's Zoo in Hamburg, Germany, on Thursday. The lion family at the zoo has a total of five cubs, all about 2 months old. The public saw them in their outdoor enclosure for the first time Thursday; and we all know that lions like the way sunlight makes their saliva-coated fur glisten. (EXPRESS)



Either there's a fire in the cargo hold, or someone's passing around Cubans!

SMOKING

Clouds Inside and Out

A German entrepreneur wants to create a smokers' haven above the clouds by starting a nicotine-friendly airline with smoking allowed in every seat. Alexander Schoppmann has come up with a business plan for Smoker's International Airways, or Smintair, which he says will offer flights between Germany and Tokyo. It's all about service, he says—and that includes helping people avoid long hours confined without a cigarette. (AP)



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"I don't want to fuel speculation, but I'd be thrilled to be a constituent of the mayor's." —**NYC Mayor Michael Bloomberg**, who met with D.C. Democratic mayoral nominee Adrian Fenty on Monday.



Nation

In Brief



Sen. Joe Lieberman debates Democratic nominee Ned Lamont on Monday.

HARTFORD, CONN.

Lieberman Clashes With Lamont, GOP Rival in Debate

Democrat Ned Lamont criticized rival Sen. Joe Lieberman's support for the invasion of Iraq on Monday in a debate in which the incumbent also faced jabs from the long-shot Republican candidate. Lamont hammered the incumbent with the same anti-war rhetoric that propelled him to victory in the August primary. The televised hourlong encounter also included Republican Alan Schlesinger, who also attacked Lieberman. (AP)

NEW ORLEANS

Cargo Ship Crashes Into Vessel on Mississippi River

A cargo ship heading down the Mississippi River struck another vessel anchored west of New Orleans on Monday, knocking a huge gash in the anchored vessel, the Coast Guard said. The anchored ship was listing, but the hole was above the water line, and the vessel was not believed to be taking on water, said Chief Petty Officer Veronica Bandrowsky. No injuries were reported. (AP)

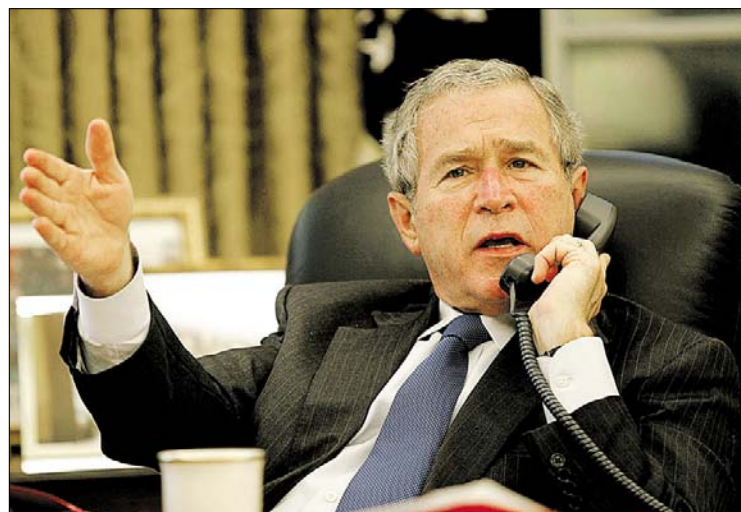
Bush: No Timeline Set for Iraq War

President urges Iraqi leader to ignore talk of deadline on violence

WASHINGTON | President Bush personally assured Iraqi Prime Minister Nouri al-Maliki Monday that he has no plans to pull troops out and told him to ignore rumors the United States intended to enforce a deadline for Baghdad to rein in sectarian violence.

The president's pledge came in a 15-minute morning phone call with al-Maliki, who told Bush he was concerned because he had been hearing that the United States was giving him a two-month timeline to operate on his own.

"He [al-Maliki] said that rumors sometimes can undercut confidence in the government and also its ability



President Bush speaks with Iraqi Prime Minister Nouri al-Maliki on Monday about rumors that the U.S. intends to enforce a deadline for Baghdad to rein in fighting.

to work effectively in fighting terror," said Bush spokesman Tony Snow. "And the president said, 'Don't worry,

you still have our full support.'"

Snow said he wasn't clear where the rumors were coming from,

Timetable Off the Table

→ The White House said Iraqi Prime Minister Nouri al-Maliki made clear that talk of timetables undermines his government and inspire terrorists. | **Today, A Section**

IN The Washington Post

although there is growing frustration in Congress and across the country about Iraq. Snow said that in his talk with al-Maliki, Bush did not express any sense of urgency.

Casualties have been increasing amid almost daily violence that has eroded support for the war in the United States.

The White House also said that Bush would not be bound by the recommendations of a special commission exploring U.S. options in Iraq.

NEDRA PICKLER (AP)

3 Dead After Texas Storms, Flooding

Houston area gets 10 inches of rain, closing schools and airports

HOUSTON | Torrential rains and a tornado swept through Southeast Texas, killing three people trapped in the rising floodwater, destroying homes and shutting down numerous schools Monday.

Two women were found dead in a sport utility vehicle in floodwaters at least 8 feet deep in Houston.



A car sits abandoned in floodwaters in Houston on Monday after heavy rains.

Another body was discovered in submerged on the southwest side of Houston.

As much as 10 inches of rain fell in the Houston-Galveston area overnight. More rain was expected across Texas on Monday, although floodwaters were receding in parts of the Houston area by late morning.

Twenty bayous overflowed their banks, but county officials said no evacuations were ordered. Some delays were reported at both of Houston's major airports. (AP)

States Pledge to Lower Emissions

NEW YORK | The governors of California and New York announced a partnership Monday to reduce greenhouse gas emissions by allowing power plants in their states and across the Northeast to trade emissions credits.

California Gov. Arnold Schwarzenegger said he would sign an executive order on Tuesday that calls for a program for his state to work with the Northeast's Regional Greenhouse Gas Initiative. (AP)

Allergies?

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Nation

100

The amount in dollars, of a ticket a Georgia woman was issued after an Atlanta police officer spotted her bumper sticker, which read, "I'm Tired Of All The BUSH*T." Police later threw out the ticket, but the woman is suing for "emotional distress."

FBI Raids Home of Rep.'s Daughter

Probe into Republican lawmaker's actions on contracts intensifies

MEDIA, PA. | The FBI raided the homes of Rep. Curt Weldon's daughter and a close friend Monday as it investigates whether the congressman improperly helped the pair win lobbying and consulting contracts.

Agents searched four locations in the Philadelphia area and two in Jacksonville, Fla., said Debbie Weierman, an FBI spokeswoman in Washington. The congressman's home and his offices were not among the locations searched, she said.

Earlier Monday, Weldon called the investigation politically motivated and called the timing suspect. The Republican, who is locked in a tight re-election bid and has clashed with the Bush administration, denied wrongdoing and said he gave his daughter no special help.

"What I find ironic, if there is an



Investigators remove boxes from the house of Karen Weldon, the daughter of Rep. Curt Weldon, R-Pa., in the Queen Village section of Philadelphia on Monday.

investigation, is that no one would tell me until three weeks before the election," Weldon said at an appearance in Media. "This incident was 2 ½ years ago."

Weierman confirmed the six raids included Karen Weldon's home in Philadelphia; the Springfield home of Charles Sexton, her business partner and the congressman's

close friend; and the office of their company, Solutions North America, in Media.

Federal investigators are looking into whether Weldon used his influence to help the company secure lobbying contracts worth \$1 million from foreign clients, two people familiar with the inquiry told the Associated Press.

Weldon, a 10-term Republican from the Philadelphia suburbs and vice chairman of the House Armed Services Committee, is in a close race for re-election on Nov. 7 against Democrat Joe Sestak. Last week, the Democratic Congressional Campaign Committee mailed fliers to voters in Weldon's district accusing Karen Weldon of getting help from her father on lobbying projects.

Weldon said his daughter received no special consideration because of him.

"I've never helped my daughter get anything. My kids are qualified on their own," Weldon said.

MARYCLAIRE DALE (AP)

Mo. High Court Strikes Down Voter ID Measure

JEFFERSON CITY, MO. | The Missouri Supreme Court struck down the state's new voter identification law Monday that would have required voters to show a photo ID card at the polls starting this fall.

A lower judge ruled last month that the ID requirement was an unconstitutional infringement on the fundamental right to vote. The state Supreme Court agreed in a 6-1 unsigned opinion.

The new law would have required voters to show a photo identification card issued by Missouri or the federal government before they could cast a ballot. Voters lacking the ID would be allowed to cast a provisional ballot this fall, but after that, only the elderly, disabled and those with religious objections could vote without one, and only by provisional ballot.

The court found the requirement violated several provisions in the state constitution. (AP)



Studying the Antidepressant Effects of Sleep Deprivation

Sleep deprivation has rapid & brief antidepressant effects in some depressed people. NIMH is exploring how a drug that mimics the effects of sleep deprivation in the brain, may also bring about a rapid antidepressant response in people who are depressed. Understanding how this works may help us understand depression and design better antidepressants. Study includes multiple overnight stays & free sleep evaluations to rule out sleep disorders. NIMH is seeking people ages 18-60 with depression who:

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Nation



DISNEY DIET: The Walt Disney Co. will begin serving more nutritionally balanced meals at its domestic theme parks and will sign movie and other endorsement deals only with restaurants that limit fat and sugar in menu items, the company said Monday.

Power Back on After Hawaii Quake

Inspectors check for damage, injuries after 6.7 magnitude temblor

KAILUA-KONA, HAWAII | A favorite pidgin expression in Hawaii — “Lucky you live Hawaii” — gained new meaning Monday as authorities quickly restored electricity and started to clear away boulders after the strongest earthquake to hit the islands in more than two decades.

Twenty-four hours after Sunday's 6.7-magnitude quake, there were no reports of any deaths or serious injuries, and there were few signs of any major damage.

“It lets you know Mother Nature is doing her thing,” said Robin Eising, a teacher at Waikoloa Elementary School, which was closed for the day.



A resident looks at damage to Kalahikiola Congregational Church after a magnitude 6.7 earthquake struck off the coast of the Big Island of Hawaii Sunday.

Still, officials cautioned that they were still inspecting the many bridges, roads, earthen dams, schools and other structures across the Big Island, the isle closest to the epicenter. There were no immediate estimates of the overall damage.

Utilities restored power to 97 percent of the state's customers by early morning. That figure was expected to reach 99 percent by the end of the day. Nearly all of Oahu, the most populous island, with more than 800,000 of Hawaii's 1.2 million residents, was blacked out on Sunday.

The quake hit at 7:07 a.m., 10 miles north-northwest of Kailua-Kona, on the west coast of Hawaii Island. On Monday, the U.S. Geological Survey raised its measurement of the magnitude from 6.6 to 6.7. JAYMES SONG (AP)

Sen. Reid to Give Back Donations

Lawmaker says he will also amend his report on a \$1.1M land deal

WASHINGTON | Senate Democratic leader Harry Reid has been using campaign donations instead of his



Reid

personal money to pay Christmas bonuses for the support staff at the Ritz-Carlton where he lives in an upscale condominium. Federal election law bars

candidates from converting political donations for personal use.

When questioned about the campaign expenditures, Reid's office said Monday he was personally reimbursing his campaign for \$3,300 in donations he had directed to the staff holiday fund.

Reid also announced he was amending his ethics reports to Congress to more fully account for a Las Vegas land deal that allowed him to collect \$1.1 million in 2004 for property he hadn't personally owned in three years. JOHN SOLOMON (AP)

Man Facing Charges in Iowa Deaths

QUINCY, ILL. | A 22-year-old man accused of fatally shooting his parents and three teenage sisters waived extradition Monday and was headed back to Iowa to face murder charges.

Shawn Bentler appeared in an Adams County courtroom for a brief hearing and then he was picked up

by Iowa's Van Buren County Sheriff's Department.

The five victims were found early Saturday morning in their home near Bonaparte, Iowa. They were identified as Michael Bentler, 53; his wife, Sandra, 47; and their daughters Sheena, 17, Shelby, 15, and Shayne, 14. (AP)

Slain Family's Car Recovered in Fla.

WEST PALM BEACH, FLA. | Authorities on Monday found the vehicle driven by a family of four before they were shot to death last week along Florida's Turnpike, the St. Lucie County Sheriff's Office said.

The black Jeep Cherokee was

spotted at about 8:45 a.m. in an industrial section of West Palm Beach, about 70 miles south of where the family was killed, said Sheriff Ken J. Mascara.

It was being towed to the sheriff's office in Fort Pierce to be processed for evidence. A motive for the shootings was not yet known. Authorities said the victims and the shooter may have known each other. (AP)

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- not be allergic to morphine.

- Study is conducted in Bethesda, Maryland.

- All study related tests and medications are provided at no cost.

- Participants are compensated.

- Parking is provided at no cost.



GAME ON: Amid fears that French cafes will lose customers once smoking is banned in 2008, the government has proposed an answer — more pinball machines, pool tables and table football. To promote the idea, the government is lowering its steep tax on games in cafes.

World

In Brief



Canadian soldiers guard the scene of a suicide car bombing in Kandahar.

KANDAHAR, AFGHANISTAN Suicide Blast Targets NATO Convoy, Killing 3 Afghans

A suicide bomber rammed a car loaded with explosives into a NATO convoy Monday in the former Taliban stronghold of Kandahar, killing three Afghans. In the capital, another suicide attacker detonated a car bomb near a school, wounding an 11-year-old, police said. In central Ghazni province, meanwhile, U.S.-led coalition and Afghan troops raided a militant hideout, killing three suspected insurgents, the U.S. military said. (AP)

NAIROBI, KENYA Illegal Street Vendors Clash With Police in Angry Protest

Police fired tear gas and rubber bullets Monday to disperse hundreds of street vendors rioting over government efforts to drive illegal peddlers from a central business district of Kenya's capital. The street hawkers, who sell small items to pedestrians and motorists, barricaded several Nairobi streets with burning tires, set at least one car on fire, and threw stones at police. (AP)

KIEV, UKRAINE Push Renewed to Declare Soviet-Era Famine Genocide

Ukrainian officials and scientists called Monday on the country's parliament to declare that a Soviet-era famine that killed up to 10 million people was genocide. The 1932-33 Great Famine was provoked by Soviet dictator Josef Stalin as part of his campaign to force peasants to join collective farms. Countries including the U.S., Canada, Austria, Hungary and Lithuania have recognized the famine as genocide. (AP)

91 Killed in Iraqi Sectarian Violence

U.S. death toll in Iraq rises to 58 for first two weeks of October

BAGHDAD, IRAQ | Four days of sectarian slaughter killed at least 91 people by Monday in Balad, a town near a major U.S. air base an hour's drive north of the capital. Elsewhere, 60 Iraqis died in attacks and 16 tortured bodies were found.

The U.S. command said seven American troops died in fighting a day earlier. That raised the U.S. toll to 58 killed in the first two weeks of October, a pace that if continued would make the month the worst for coalition forces since 107 U.S. and 10 British soldiers died in January 2005.

The U.S. military has kept a low profile in Balad, where violence began Friday with the slaying of 17 Shiite Muslim workers. Revenge-seeking Shiite death squads then killed 74 Sunnis, causing people to flee across the Tigris River to the nearby Sunni-dominated city of Duluyah.

Among the 60 Iraqis killed outside Balad on Monday was Imad al-Faroon, the brother of the chief prosecutor in the second trial of



IN MOURNING: Iraqi women cry outside a Baghdad hospital as they wait to collect the bodies of relatives killed in a mortar attack.

Saddam Hussein. Gunmen burst into his home and shot him to death in front of his wife, government official Ali al-Lami said.

The worst attack of the day — 20 dead and 27 wounded — occurred when an explosives-packed car driven by a suicide bomber rammed into a Shiite funeral tent in eastern

Baghdad's Ur neighborhood. Soon afterward, a car parked nearby exploded, ripping through a crowd of rescuers and onlookers, police Lt. Ahmed Mohammed Ali said.

Another car bomb killed nine people in Suwayrah, 25 miles south of Baghdad, Mayor Hussein Mohammed al-Ghurabi said.

In killings bearing the hallmarks of sectarian reprisal killings, the bullet-riddled and tortured bodies of 11 men were dumped in the capital overnight, two of them in a trash pit, police Capt. Mohannad al-Bahadli said. Five tortured bodies were found in towns north of the city. STEVEN R. HURST (AP)

Indonesia Sees New Bird Flu Deaths

JAKARTA, INDONESIA | A 27-year-old woman was killed by bird flu — Indonesia's third death from the virus in as many days — bringing the nation's toll to 55, the World Health Organization said Tuesday.

The woman from Central Java province died Friday, five days after she developed symptoms of the disease and one day after she was hos-

pitalized for treatment, the WHO said in a statement posted on its Web site.

An 11-year-old boy succumbed to the disease in a Jakarta hospital on Saturday and a 67-year-old woman died Sunday in the West Java town of Bandung, Indonesian health officials announced earlier this week. (AP)

Venezuela, Guatemala Face Off Over U.N. Seat

UNITED NATIONS | Venezuela pulled even with Guatemala in the sixth round of voting for a U.N. Security Council seat Monday, a result that could either give a boon to President Hugo Chavez's campaign for a spot on the powerful decision-making body — or show that member states are deadlocked and clear the field for a new candidate.

After trailing Guatemala in the first five rounds of voting in the 192-nation General Assembly, Venezuela finally garnered 93 votes, the same as its rival. Mexico received one vote.

The earlier results were an embarrassment to Chavez, who had waged a highly public campaign on

the claim that his nation would use its seat on the council to speak out against the United States. The U.S. and its allies argued that Venezuela's stance could stymie the council and undermine its credibility.

Guatemala, whose candidacy had been backed by the U.S., never received more than 116 votes, and got 93 in the sixth ballot.

Diplomats said Chavez may have hurt his nation's chances with a bombastic speech at the General Assembly debate in September, when he railed against the U.S. and called President Bush "the devil" — a speech criticized even by U.S. politicians who had reached out to Chavez. NICK WADHAMS (AP)

HEARSAY | NOBLE ASPIRATIONS



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World

25

The percentage increase in reports of domestic violence in Britain on the days of England's World Cup matches this year, data shows. Forty percent of the suspects were drunk at the time.

N. Korea Test Was Nuclear

U.S. intel agencies confirm Pyongyang's claim of a nuke blast

WASHINGTON | U.S. spy agencies confirmed North Korea's nuclear test on Monday, even as Secretary of State Condoleezza Rice declared that U.N. sanctions prove the world is united in opposing Pyongyang's nuclear ambitions.

Such strong opposition should be a warning to Iran, too, said Rice, who is leaving Tuesday morning for an Asian trip that is expected to be dominated by the nuclear issue. She will visit Japan, South Korea, China and Russia.

National Intelligence Director

CHINA STEPS UP ROLE

→ Chinese customs officials examined trucks at the North Korean border Monday as China complied with new U.N. sanctions on Pyongyang for its nuclear test. But China's U.N. ambassador indicated its inspectors will not board ships to search for suspicious material. (AP)

John Negroponte's office released the government's first definitive confirmation that North Korea tested a nuclear device one week ago.

"The explosion yield was less than a kiloton," the statement said, smaller than many experts

had expected.

Each kiloton is equal to the force produced by 1,000 tons of TNT. An intelligence official said the North Korean device was believed to be roughly the equivalent of 200 tons of TNT, suggesting to analysts that it was probably a partial failure. Experts in and out of government had anticipated a detonation of at least several thousand tons. The official spoke on condition of anonymity.

A key clue on the nature of North Korea's nuclear detonation came from air samples collected by the Air Force's WC-135 Constant Phoenix, a jet designed to collect particles and gases after a nuclear test. (AP)



DEADLY BLAST: A soldier's uniform is strewn among debris at the site of a suicide blast near Dambulla, Sri Lanka, on Monday.

Bombing Kills 93 Sri Lankan Sailors

Tamil rebels believed behind deadly attack on military convoy

COLOMBO, SRI LANKA | Suspected Tamil rebels rammed a truck packed with explosives into a convoy of military buses Monday, killing at least 93 sailors in one of the deadliest insurgent attacks since the 2002 cease-fire.

The military said more than 150 were wounded in the attack

near the town of Dambulla, about 90 miles northeast of the capital, Colombo.

"All these people were without weapons and were going on leave," military spokesman Brig. Prasad Samarasinghe said. He said the buses were carrying sailors from the port town of Trincomalee.

The attack comes as a Japanese envoy met with President Mahinda Rajapakse Monday amid intensified diplomatic efforts to strengthen the peace process between the govern-

ment and rebels ahead of scheduled talks between the two sides later this month in Switzerland.

Sri Lanka has seen some of the bloodiest fighting since a Norwegian-brokered cease-fire was signed in 2002, temporarily ending nearly two decades of civil war.

Heavy battles last Wednesday left hundreds of combatants dead, despite commitments by both the government and rebels to return to the negotiating table. (AP)



STOP THE SPOOF: The price of Internet satire in China is going up. Chongqing, a major industrial city in the country's southwest, is threatening to fine Web surfers up to \$625 for online defamation amid a surge in short satirical Internet films, a news report said Monday.

World

Class Warfare, Reality Show Style

On Colombian TV, rich and poor compete in controversial contest

BOGOTA, COLOMBIA | After causing a half-century of violence across Colombia, class warfare has finally hit prime time.

On Tuesday, viewers will choose who wins the \$150,000 prize in "Desafio 20.06," a "Survivor"-style reality show that pits the rich against the poor.

From an initial crop of 18 contestants, the last men standing were "middle-class" Diego Agudelo, who said he'd use the prize money to set up his own business, and "upper-class" Alfredo Varela, who said he wanted to prove that growing up rich doesn't necessarily make people soft. The two teamed up to vote

the final "poor" competitor off the show Wednesday.

Officials at Caracol TV say they are shedding light on the glaring social inequalities fueling the drug trade and civil war in Colombia, where 15 percent of the population controls more than half the country's wealth and most people live on less than \$3 a day.

But critics say the show glosses over the very class conflict it attempts to portray, sugarcoating the seemingly unbridgeable chasm that divides Colombia's rich and poor and contributes to leftist insurgencies and the thriving cocaine trade.

The show has been a huge hit in Colombia, dominating its time slot and routinely among the week's five most-watched programs.

When the show debuted in July,



SHOT AT FAME: "Desafio 20.06" contestant Manual Velasco is back working at a scrap metal yard after his stint on a reality show that pitted the rich against the poor.

three teams were each assigned a beach in the Dominican Republic, where it was filmed. The privileged were shuttled to a beautiful white-sand beach where servants offered them lobster. The middle class got a featureless beach and were allowed to bring just enough clothes for three days. The poor were assigned a cold, rocky cave with little food and no amenities.

To improve their station in life and get the chance to work on their tans at the "high-class beach," poorer players competed in physical and mental challenges.

The show appears to have done little to change the lot of some of its participants. Manual Velasco, a former shoe-shiner who now works in a scrap metal yard, was esteemed by his beachmates for his intelligence and ambition, but is back working 14-hour days at the junkyard.

"I'm a little more famous," he said, "but nothing has really changed." DARCY CROWE (AP)

3 Arrested in Murder Of Top Russian Banker

Official shot to death in September led push to clean up criminality

MOSCOW | Police have arrested three suspects in the murder of a top Central Bank official, authorities said Monday, and a newspaper reported that investigators have narrowed their search for those who ordered the apparent contract killing.

The Sept. 13 shooting death of Central Bank First Deputy Chairman Andrei Kozlov is widely believed to be connected to his campaign against money-laundering and criminality in the banking sector.

"In the course of our investigation ... we have established those connected to organizing and carrying out this crime," the General Prosecutor's office said in a statement.

The Kommersant daily reported that police had detained three Ukrainians on suspicion of carrying out the apparent contract killing,

and have narrowed their search for those who ordered it.

The newspaper, citing sources close to the investigation, said police were focusing on a number of banks that had come under threat of losing their licenses about two months before Kozlov was shot in the head as he left a soccer game between bank employees in Moscow.



Kozlov

Kozlov's slaying shocked the foreign investor community and came as a reminder of the entrenched violence in the Russian business world despite the achievement of political stability under President Vladimir Putin in the past seven years.

While on a lesser scale than in the turbulent 1990s, contract killings of businessmen and bankers still occur regularly in Russia, where business conflicts often turn violent and the government is seeking more regulatory controls. The murders are almost never solved. (AP)



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MPT'D OFF: Former Md. Democratic Senate candidate Allan Lichtman said he and his wife were cleared of criminal violation Monday after trying to enter Maryland Public Television studios in July when he wasn't invited to a televised debate.

Local

Va.'s Warners Aid Senate Hopefuls

Mark Warner on the trail with Webb; John Warner in Allen ad

SPRINGFIELD, VA. | The state's two most popular politicians jumped full-bore into the state's Senate campaign Monday, with former Gov. Mark Warner promising to do all he can to get Democrat Jim Webb elected and U.S. Sen. John Warner making a joint televised appearance with Republican George Allen.

Mark Warner, who said Friday he would not run for the presidency, campaigned Monday with Webb at a retirement village and said more joint appearances will come.

"I'll have a little more time now to campaign with him," Mark Warner said, referring to his aborted presidential bid. "I'm going to put all my energy behind this effort."



Former Virginia governor Mark Warner campaigns with Virginia Senate candidate James Webb at Greenspring Village Retirement Community on Monday.

In particular, Mark Warner said he would campaign with fellow Democrat Webb in southside and southwest Virginia — two parts of the state where Warner has worked for years to build up credibility with conservative voters there.

Mark Warner left office in January with approval ratings above 70 percent. Perhaps the only Virginia politician who rivals Mark Warner's popularity is Republican John Warner, who won re-election in 2002 with 83 percent of the vote.

Allen for the second time in his campaign purchased a two-minute block at 7:58 p.m. Monday in all of Virginia's media markets — this time for a taped joint appearance with John Warner. MATTHEW BARAKAT (AP)

In with the ladies: Webb hopes Warner can help with lagging support from women. **Today's Post, Metro**

Classes Resume at Gallaudet

Protests continue as students hope faculty will give their support

WASHINGTON | Classes resumed Monday at Gallaudet University, the nation's premiere school for the deaf, but those protesting the incoming president continued to camp out at the main entrance.

Protest leaders did not block access to the university, partially out of respect for a twice-yearly meeting of the entire faculty Monday, according to faculty member Diane Morton. The meeting is one of the only times faculty can vote as an entire body.

Protesters are hoping the faculty will officially support them in their demands for incoming president Jane K. Fernandes to resign.

"Students are anxious to know if the faculty supports them," said Mark Weinberg, who is chair of the faculty senate. He said the protest is not limited to students, but is campus-wide. MATTHEW BARAKAT (AP)

Teachers hot: Angry faculty voices overwhelming opposition to the incoming president. **Today's Post, Metro**

Suspect Says He Wasn't Involved In Student Death

BURLINGTON, VT. | A man suspected in the disappearance of a Vermont collegian who turned up dead last week denied having anything to do with her disappearance, according to an affidavit filed Monday.

Brian L. Rooney, 36, told police he walked with Michelle Gardner-Quinn at about 2 a.m. on Oct. 7.

"He advised he separated from Gardner-Quinn at that point and he never saw her again. Rooney denied having any knowledge or involvement in Gardner-Quinn's disappearance," according to an affidavit by Detective James Claremont.

Gardner-Quinn's body was found Friday at the top of a gorge. Rooney has been named as a suspect by police. (AP)

Don King Assists Steele Campaign

LARGO, MD. | From the moment he arrived Monday, waving American flags and shouting his trademark phrase, "Only in America!," boxing promoter Don King sounded like he was hyping his latest prizefighter.

But this time the contender was a politician, Lt. Gov. Michael Steele.



Michael Steele campaigns Monday with boxing promoter Don King.

First Va. Ethanol Fuel Station Opens

RICHMOND, VA. | The state's first state-owned alternative fuel station has opened, allowing government vehicles to fill up on E85, a clean-burning blend of 85 percent ethanol and 15 percent gasoline.

Gov. Tim Kaine attended the facility's opening Monday, along with representatives from several state agencies, the U.S. General Services Administration and General Motors — all partners in the project. (AP)



Kaine fuels his own E85-capable GMC Yukon at the ethanol station Monday.

The Lotteries

Monday, October 16

DISTRICT

Mid-day Lucky Numbers

9-7-7

Mid-day DC 4

6-0-6-4

MARYLAND

Mid-day Pick 3

1-9-5

Mid-day Pick 4

0-4-1-4

VIRGINIA

Mid-day Pick 3

3-1-1

Mid-day Pick 4

2-9-7-3

Mid-day Cash 5

16-21-22-27-29

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Can Chocolate Help Your Health?

Study Participants Needed

The National Center for Complementary and Alternative Medicine at the National Institutes of Health seeks volunteers to participate in a 6-week research study evaluating the effect of dark chocolate on blood pressure and the blood's glucose and insulin levels.

Participants will help researchers learn more about chocolate's impact on hypertension and diabetes. Participants will be asked to take dark chocolate and a placebo (inactive treatment).

To participate, volunteers must be:

- Persons with hypertension (high blood pressure) who can be safely taken off anti-hypertensive medications.
- Aged 21 to 65
- Not taking other medications or nutritional supplements for any illnesses besides hypertension or high cholesterol.

Compensation and dark chocolate will be provided.

For more information, call 301-496-3244.

National Center for Complementary and Alternative Medicine

National Institutes of Health

Department of Health and Human Services

Money

Freddie Mac Taps New Finance Chief

Mortgage giant working to recover from accounting crisis

WASHINGTON | Mortgage finance giant Freddie Mac, emerging from a multibillion-dollar accounting scandal, said Monday it has named a new chief financial officer, nearly a year after its finance chief resigned.

Anthony S. "Buddy" Pizel is the new executive vice president and chief financial officer, effective Nov. 13, the government-sponsored company announced. Pizel, 51, held the same position at Health Net Inc., a large health care company, and worked before that at Prudential Financial Inc.

Freddie Mac's president and chief operating officer, Eugene McQuade, has been acting as finance chief since March, when Martin Baumann unexpectedly resigned and the company began looking for a successor.

McLean, Va.-based Freddie Mac, the second-largest financier of home loans in the country, disclosed in June 2003 that it had misstated earnings by some \$5 billion — mostly underreported — for 2000-2002 to smooth out volatility in profits and uphold its image on Wall Street as a steady performer.

The accounting crisis brought the ouster of Freddie Mac's top executives, including then-CFO Vaughn Clarke. The company paid a then-record \$125 million civil fine in 2003 in a settlement with federal regulators, who blamed management misconduct for the faulty accounting.

Freddie Mac said last month that it will not face criminal charges in connection with the accounting problems, following an investigation by the Justice Department. It is not known whether the Securities and Exchange Commission will bring civil charges against Freddie Mac or company executives. (AP)



TOY STORY: Mattel Inc., the largest toy maker in the world, said Monday third-quarter earnings rose 6 percent to top Wall Street's expectations, lifted by strong sales of Fisher-Price products such as TMX Elmo, "Cars" branded items and girls' brands such as Pixel Chix. Mattel net income grew to \$239 million, up from \$225.3 million a year ago. (AP)

Market Action

New York Stock Exchange

Gainers

STOCK	LAST	DAILY CHANGE	DAILY PERCENT CHANGE
JLGs	27.56	+6.81	+32.8
GreenbCos	34.13	+2.88	+9.2
SwnEngys	33.06	+2.71	+8.9
JrnlReg	7.11	+.52	+7.9
Terexs	55.42	+4.04	+7.9

Losers

LaBrnch	9.07	-1.98	-17.9
MaidenBrd	18.64	-1.66	-8.2
FTDGrp	15.73	-1.26	-7.4
IntcntlExn	77.30	-5.67	-6.8
CNASure	20.64	-1.47	-6.6

Rates

	CURRENT	PREVIOUS WEEK
Prime Rate	8.25	8.25
Fed Funds close	5.3125	5.25
3-month disc	4.94	4.82
2-year	4.84	4.75
10-year	4.78	4.47
30-year	4.91	4.84

NASDAQ Stock Market

Gainers

STOCK	LAST	DAILY CHANGE	DAILY PERCENT CHANGE
Lumera	5.00	+3.42	+216.5
eMerge rs	3.05	+1.29	+73.2
SupTech rs	2.29	+.73	+46.8
OpenSolu	37.56	+7.28	+24.0
lomai n	5.45	-.06	-1.1

Losers

DynacqHlt	2.17	-.38	-14.9
OmrixBio n	17.45	-2.91	-14.3
SumTotal	6.47	-1.01	-13.5
Manntch	16.65	-2.45	-12.8
MERTle	2.05	-.28	-12.0

Currency (Dollars in foreign currency)

	TODAY	PREVIOUS DAY	YEAR AGO
British Pound	.5375	.5386	.5653
Canadian Dollar	1.1374	1.1374	1.1861
European Euro	.7983	.7991	.8270
Japanese Yen	119.12	119.63	113.92
Mexican Peso	10.8442	10.8495	10.8900
Taiwanese Dollar	33.25	33.18	33.41

In Brief

NEW YORK

Dow Jones Comes Close To Hitting 12,000 Milestone

Wall Street extended its record-setting advance Monday, sending the Dow Jones industrial average within a whisper of 12,000 as investors grew more optimistic that corporate profits will remain robust. The blue chip index came within three points of reaching the milestone for the first time before falling back minutes before the close; it still managed a record high close, its seventh in two weeks. The advance also came despite a sharp rise in energy prices, with natural gas having its biggest rise since July. Light, sweet crude closed up \$1.39 at \$59.56 on the New York Mercantile Exchange. (AP)

LOS ANGELES

Ralphs Grocery to Pay \$70M For Illegal Hiring Amid Strike

Ralphs Grocery Co. will pay \$70 million under a deal approved in federal court Monday to settle charges it illegally hired hundreds of workers under fake names during a 2003-2004 grocery strike and lockout. In accepting the deal, U.S. District Judge Percy Anderson harangued the supermarket chain for its actions. "Ralphs subverted a process designed to ensure labor disputes are resolved fairly and equitably," Anderson said. (AP)

DOW	NASDAQ	S&P 500
+20.09	+6.55	+3.43
+0.17	+0.28	+0.25
11980.60	2363.84	1369.05

Biotech Stocks

STOCK	LAST	DAILY CHANGE	YEAR TO DATE PERCENT CHANGE
Amgen	72.43	-.79	-8.2
Amylin	47.28	-.89	+18.4
BiogenIdc	45.56	-.28	+.6
Celgene s	45.79	-.39	+41.3
ChRvLab	44.00	...	+3.8
GenProbe	47.05	-.40	-3.6
Genentch	84.11	+1.37	-9.1
Genzyme	68.62	+1.33	-3.1
GileadSci	67.51	+.62	+28.4
Imclone	30.26	-.54	-11.6
Invitrogn	66.25	+.38	-.6
MedImun	31.01	-.22	-11.5
MillPhar	10.23	+.24	+5.5
PDL Bio	20.45	+.07	-28.0
VertexPh	36.77	+.68	+32.9

331

The speed, in miles per hour, that drag racer Melanie Troxel can reach in four seconds on the track. On Monday, Troxel was named the Women's Sports Foundation's individual sportswoman of the year at a ceremony in N.Y.

Sports

Redskins Bolster Secondary, Again

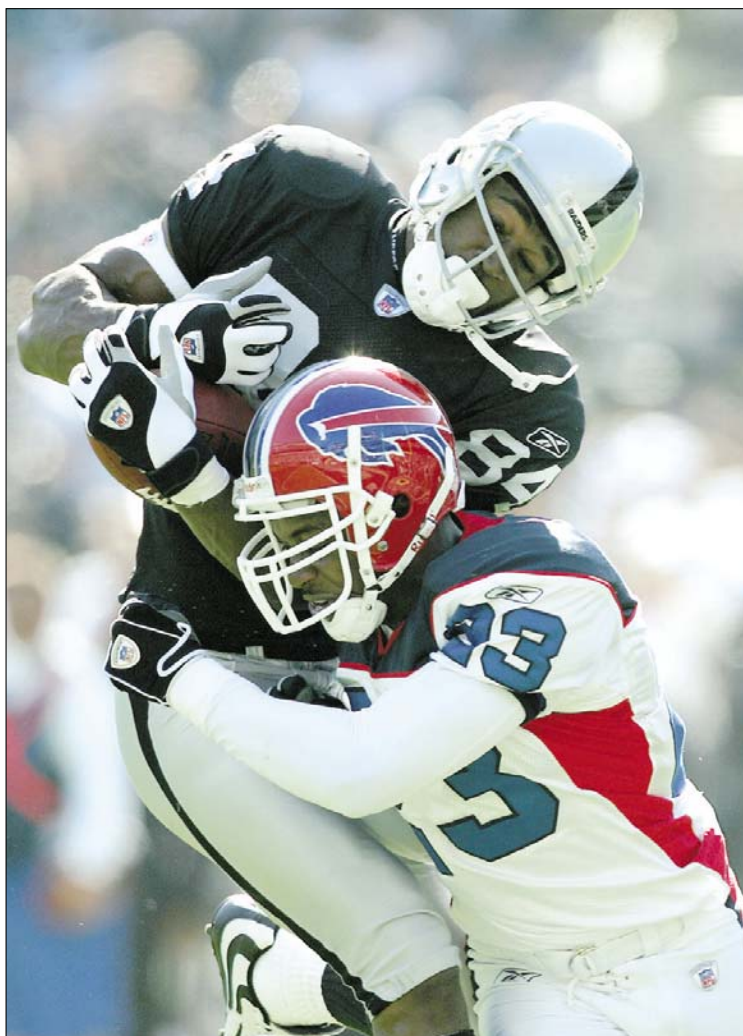
Team signs 15-year veteran Vincent to help the slumping D

REDSKINS | After six weeks of letting receivers run unfettered through the secondary, the slumping Washington Redskins tried to address the problem Monday by signing five-time Pro Bowl defensive back Troy Vincent.

Vincent, whose 47 interceptions ranks second among active players, was released from Buffalo Bills' injured reserve list last week. The 15-year veteran hurt his hamstring in preseason and aggravated it in the season opener against New England, but he said last week he had fully recovered and was ready to take offers from other teams.

"We felt like it was a chance to add somebody who was a quality guy," coach Joe Gibbs said, "a guy who can play multiple positions back there for us."

Vincent, 35, joins a team that has spent heavily on safeties and cornerbacks, only to watch them allow more passing plays of 20-plus yards (25) than any team except Green Bay. The Redskins (2-4) ranked 23rd in the league in pass defense through Sunday's games, and they lost on Sunday to a rookie quarter-



Troy Vincent, right, was placed on IR by the Bills earlier this season and then was cut last week. On Monday, the Redskins signed the 15-year veteran defensive back.

back (Vince Young) starting for a winless team (Tennessee).

"Obviously, I'm not the answer," said Vincent, who spent the day taking a crash course in the defense. "But I do believe I can bring some value."

Vincent had a strong season last year, with a career-high 102 tackles and a team-high four interceptions with the Bills. The No. 7 overall pick by Miami in 1992, Vincent played four seasons with the Dolphins and eight with Philadelphia before joining Buffalo in 2004, where he switched to free

Time for a Change?

→ Fans started cheering for young QB Jason Campbell again on Sunday. Joe Gibbs has said he has faith in Campbell, but will he make the switch? | **Today, Sports**

IN The Washington Post

safety after spending his first 12 seasons as a cornerback.

Vincent was surprised when the Bills placed him on IR last month, given that his injury was relatively minor, but the team said it needed to clear a roster spot for other purposes. He was released Thursday and had planned visits to several NFL teams.

JOSEPH WHITE (AP)

Swengali

REDSKINS | BY MATT SWENSON

Gibbs Hasn't Been Adjusting

ALMOST TWO AND A HALF SEASONS — and a 19-21 record — since Joe Gibbs returned to coaching, it's safe to say something is missing since the first go-around.

Sometime during the second half of Sunday's 25-22 loss to the Tennessee Titans, in which the Redskins stopped moving the ball on offense, something struck me.

Gibbs, who made a reputation for his brilliant halftime adjustments during Washington's glory days, seemingly can't alter the game plan midstream anymore to produce points.

The most recent loss is perhaps the most perplexing of the Hall of Famer's second stint here.

Washington had a good game plan: Run Clinton Portis, throw the

"The old Gibbs would have found a different solution to keep the offense moving."

Penalties Stiffen for Brawl in Miami

Fla. International kicks 2 off team; TV analyst fired for comments

COLLEGE FOOTBALL | The University of Miami extended the suspension of one player and said further disciplinary measures will be taken in the wake of a sideline-clearing brawl with Florida International.

Sophomore safety Anthony Reddick was suspended indefinitely following further consultation Monday with the Atlantic Coast Conference, the school said. Reddick charged across the field, helmet raised over his head, and slammed it into an opposing player during the melee.



Miami suspended one player indefinitely and FIU dismissed two on Monday.

Meanwhile, the Golden Panthers took a much harsher stance — dismissing two players, Chris Smith and Marshall McDuffie Jr., and extending the suspensions of all other 16 sanctioned players indefinitely. "This is certainly embarrassing. It's disgraceful. It's amazing. I've run out of words," FIU coach Don Strock said.

One-game suspensions for Reddick and 12 Miami teammates were announced Sunday. Other disciplinary measures for the players may include community service and other unspecified actions, the school said in a statement.

Miami president Donna Shalala said in an open letter that the fight was "outrageous."

"Regardless of who started it, this was an embarrassing display of unsportsmanlike behavior," Shalala wrote.

Meanwhile, former Miami player Lamar Thomas lost his TV analyst job Monday over comments he made during the brawl.

"Now, that's what I'm talking about," Thomas said as the brawl raged out of control. "You come into our house, you should get your behind kicked. You don't come [in here] playing that stuff. You're across the ocean over there. You're across the city. You can't come over to our place talking noise like that. You'll get your butt beat. I was about to go down the elevator to get in that thing."

Comcast Sports SouthEast also decided to edit out his comments before the game is replayed later this week. TIM REYNOLDS (AP)

ball to Santana Moss and touchdowns will follow. A 14-3 lead later, all was well at FedEx Field.

Then the Redskins stopped running the ball — Portis had just 14 carries in the game — and the offense stalled.

Let's just pretend it was the Titans' defense, and not poor play-calling, that shut down the Redskins. The old Gibbs would have found a different solution to keep the offense moving.

Critics may say Al Saunders is running the offense now, but this is a systemic problem dating back three years.

Where did the old Joe go? If he's around, the Redskins sure could use his magic right about now.

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BETTER THAN DIRTY FEET SMELL: Bowlers who wore masks scented with the aroma of jasmine knocked down 27 percent more pins than those who wore masks with no aroma, according to a study by the Smell & Taste Treatment and Research Foundation in Chicago, the Fort Wayne (Ind.) Journal Gazette reported.



Sports

Pitching Coach to Stay With Nats

St. Claire's return is a bit of continuity as team retools for '07

NATIONALS | Randy St. Claire will stay on as the Washington Nationals' pitching coach in 2007, first-base coach Davey Lopes is leaving, and the rest of the coaching staff won't know its status until a new manager is hired.

St. Claire's return, announced Monday, guarantees some continuity for what could be an overhauled and inexperienced pitching staff.

"They say we're trying to rebuild, build for the future, so it always makes it a little uncertain with what's going to go on," St. Claire said in a telephone interview from his home in upstate New York. "But with young arms, there's a lot to anticipate, so it's a fun time to be working with these young kids."

Lopes was hired by the Philadelphia Phillies as first-base coach and outfield/baserunning instructor.



Huddle Up: Randy St. Claire, center, talks with catcher Brian Schneider and pitcher Tony Armas Jr. St. Claire will stay on the team as the Nationals' pitching coach.

The last-place Nationals had the highest team ERA in the NL last season (5.03), but St. Claire has drawn praise for his work the past two years with an injury-riddled and mostly young staff. He helped John Patterson develop into an apparent star-in-the-making and taught Hector Carrasco a changeup

Girardi Still Out in Front

→ Now is the time when bench moves begin, and former Marlins manager Joe Girardi continues to look like the front-runner for the vacant Nats job. | **Today, Sports**

IN The Washington Post

that revitalized his career — earning him a \$6.1 million, two-year deal when he left as a free agent after the 2005 season.

Other members of Robinson's staff in 2006 — including hitting coach Mitchell Page and third-base coach Tony Beasley — have been told the new manager will have the option of keeping or replacing them.

HOWARD FENDRICH (AP)

Piniella to Manage The Cubs

Coach gets \$10 million to help perennially struggling franchise

BASEBALL | Lou Piniella's heading to Wrigley Field, agreeing Monday to a three-year contract to manage the Chicago Cubs and accepting a job that has long been one of the most challenging in baseball.

His assignment: Get to the playoffs and win a championship with a franchise that hasn't been to a World Series since 1945 and hasn't won one since 1908.

"I feel terrific about Lou. I think he's a tremendous baseball man and a proven winner from the beginning of his career," Cubs General Manager Jim Hendry said.

"I think he's absolutely the perfect choice as we move forward."

Piniella, who will be introduced Tuesday, has a deal that is worth about \$10 million.

"I'm basically a blue-collar-type manager that believes in a good work ethic, preparation and a desire to win a baseball game," Piniella told the Chicago Sun-Times over the weekend.

Piniella replaces Dusty Baker, who left after four years when his contract was not renewed following a 66-96 last-place finish in the NL. RICK GANO (AP)



Piniella

A's Fire Manager 2 Days After Loss

Macha led team to a winning record but struggled in playoffs

BASEBALL | Ken Macha was fired as manager of the Oakland Athletics on Monday, two days after the AL West champions were swept out of the playoffs by Detroit.

Macha had two years left on his

contract. The A's went 368-280 in his four seasons as manager, but have frustrated management and their fans by failing to get into the World Series.

Oakland won the West with a 93-69 record this year. After sweep-



Macha

ing Minnesota in three games in the first round of the playoffs, the A's were eliminated by the Tigers in four straight in the AL championship series.

"Not to fault either side, but I felt a disconnect on a lot of levels," general manager Billy Beane said. "Once again, it's not to point the finger at Ken or anything like that. But that disconnect was there

and it was something we needed to address as soon as possible."

The A's became the sixth major league team to let its manager go since the final days of the season. Dusty Baker (Chicago Cubs), Joe Girardi (Florida), Felipe Alou (San Francisco), Frank Robinson (Washington) and Buck Showalter (Texas) are not coming back next year.

Macha joined the A's as their bench coach in 1999. He became their manager in 2003. (AP)

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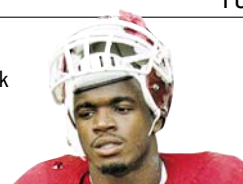
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CUT AND RUN: Oklahoma offensive coordinator Kevin Wilson told ESPN he expects junior running back Adrian Peterson, who broke his collarbone on Saturday and will likely miss the rest of the season, to be a top-four draft pick this year. "I have always thought that this was Adrian's last year," Wilson said.



Sports

Groggy McNair Will Be Ready to Go

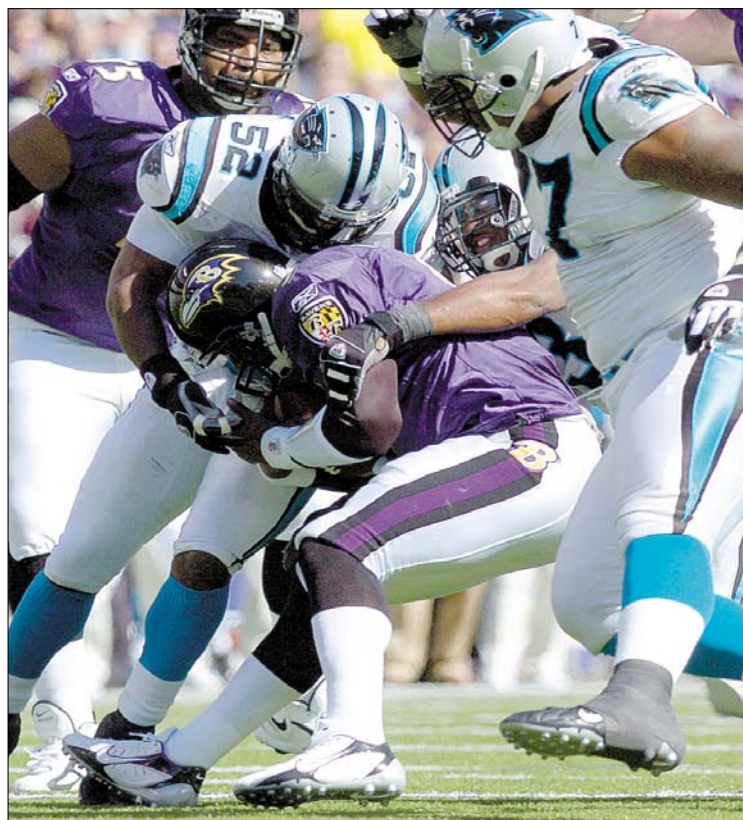
Ravens have a bye at the perfect time for their injured QB

RAVENS | Steve McNair is expected to recover from a concussion and neck sprain sustained Sunday in time for Baltimore's next game. When he returns, it will be as the starting quarterback.

The Ravens have a bye this week, which means McNair will have additional time to bounce back from the injuries he received in a 23-21 loss to Carolina. He was helped off the field after being sacked in the first quarter.

"Steve is here today, and he's doing pretty good," coach Brian Billick said Monday at the team's practice facility. "He's groggy. He went through the full gauntlet of tests. He seems to be OK, and right now there's no reason to believe he won't be available for us in two weeks when we go to New Orleans."

McNair was replaced Sunday by Kyle Boller, who started for three



GOING DOWN: Ravens quarterback Steve McNair is sacked by Carolina's Chris Draft and Michael Rucker. McNair later left the Sunday game with a concussion.

seasons but was relegated to the bench when Baltimore obtained McNair in an offseason trade. Playing for the first time since serving mop-up duty in the season opener, Boller went 17-for-31 for 226 yards and three touchdowns.

With Boller leading the way, the Ravens scored more points than in the previous two weeks combined. Boller's 97.0 quarterback rating is vastly superior to that of McNair, who has thrown seven interceptions against five touchdowns and has a rating of 64.1.

But the Ravens didn't get McNair, a three-time Pro Bowler, to sit on the bench.

"Steve's our starting quarterback," Billick declared. "We feel fortunate to have two good quarterbacks. We think Kyle Boller is an excellent quarterback. He's a guy with 30-plus starts, is very athletic, has a great arm, is very intelligent. ... But Steve is clearly the starting quarterback, and we're all relieved that it doesn't look this is going to have any lingering effects." DAVID GINSBURG (AP)

Blue Devils PG Paulus Is Out With Foot Injury

COLLEGE BASKETBALL | Duke point guard Greg Paulus is out indefinitely with a foot injury, though it's not known if the Blue Devils captain will miss any games.

The sophomore injured his left foot Saturday, the second day of practice, team spokesman Jon Jackson said. Paulus apparently first injured the foot during high school, and re-aggravated it over the weekend.

Paulus was being re-evaluated Monday.

Losing Paulus for a lengthy period would be a serious blow for a young team already looking for leadership. Paulus joined Josh McRoberts as the first sophomores in program history to be selected as team captains, while fellow captain DeMarcus Nelson is the team's lone upperclassman on scholarship. (AP)



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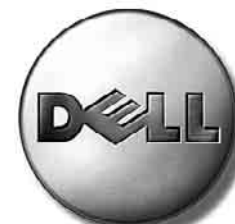
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Sports

Jamison Leads Wizards With 22

Washington beats the winless Bobcats in an early preseason game

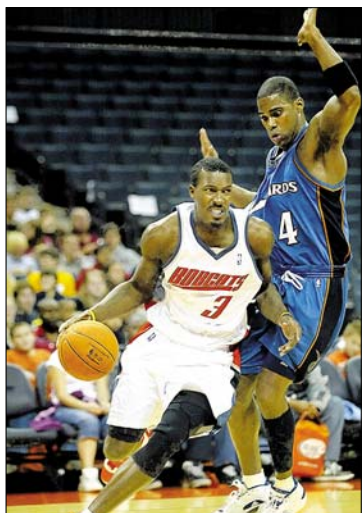
WIZARDS | Antawn Jamison scored 22 points Monday to lead the Washington Wizards to a 100-91 exhibition victory over the Charlotte Bobcats.

Jamison made 9-of-14 shots from the floor, including 3-of-6 3-pointers, in three quarters. Caron Butler added 17 points for Washington (2-2), which shot 55 percent.

Gerald Wallace scored 22 points to lead the Bobcats, who dropped to 0-and-3 in the preseason. He was the only Bobcat in double figures.

Washington played without star guard Gilbert Arenas, who was given the day off. Swingman Jarvis Hayes also missed the game because of a mild left ankle sprain.

Jamison hit a pair of 3-pointers during an 11-0 run that gave the Wizards a 66-55 lead with 7:18



Gerald Wallace, left, drives on Antawn Jamison in their teams' preseason game.

remaining in the third quarter. The Wizards never trailed after that and built the lead to 16 points several times in the fourth quarter.

The game was played early so students and teachers from area schools could attend. (AP)

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Sports



The Ford that Robby Gordon will drive next season is shown off at the Lowe's Motor Speedway in North Carolina. Gordon will leave the Chevrolet camp to drive with Ford.

Gordon's Move Proves Profitable

Racer proves he can win as a driver/owner and is rewarded for it

AUTO RACING | Robby Gordon readily admits his first stint with the Ford Motor Co. didn't end well, when he embarrassed the manufacturer by kicking at its blue oval logo on national television after one of its engines failed in his car.

But that incident was ages ago, when a younger Gordon did whatever he wanted and didn't seem to care about the consequences.

Nearly 10 years later, Ford has forgiven the cocky (or is it confident?) driver, persuading him to leave the crowded but competitive Chevrolet camp to pilot a Fusion next season in NASCAR's top series.

Getting to this point proba-

bly didn't take the entire decade. Instead, the repair work likely was done over the past two seasons, when driver/owner Gordon proved driving down the road less traveled isn't always a bad thing.

See, everyone told Gordon that becoming a driver/owner was a terrible idea, that the last few fools who had tried it failed and nearly went broke doing so.

Gordon listened to all the reasons why it wouldn't work, then focused on why it could.

"It's about attitude, it's about approach, what you are trying to get done," racing director Dan Davis said. "That is the most critical thing, that we agree on how to win, what's important and how to build a winning organization. And with that, it doesn't matter to me, owner/driver, whatever. What is more important is that the attitude is right." (AP)

TODAY'S TV LINEUP

HOCKEY (7 P.M. ON VERSUS) The Flyers travel to Buffalo, N.Y., where there actually might still be snow on the ground, to play the Sabres.

SOCCER (2:30 P.M. ESPN2 AND 5 P.M. ON ESPN)

CLASSIC Some of the world's favorite teams face off in UEFA Champions League action. FC Copenhagen takes on Manchester United on the road and CSKA Moscow hosts Arsenal.

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Entertainment



V.S. NAIPAUL WAS ROBBED: Add "Fangoria Chainsaw Award winner" to the list of Rob Zombie's accomplishments. The rocker grabbed a Chainie for "The Devil's Rejects," a slasher flick he directed. It won the the "Killer Movie" award.

Fairy Tales Come True

A graphic novel series playfully mines the world's folk literature

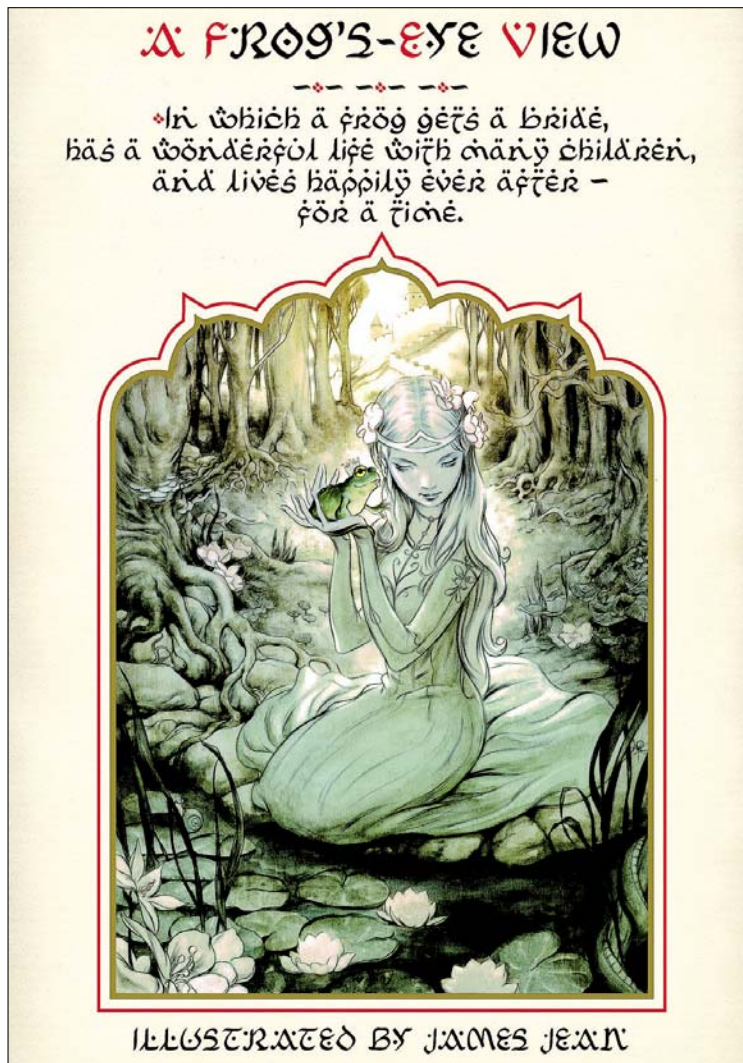
BOOKS | And they lived happily ever after.

So end countless stories, in which the prince gets the beautiful damsel, or where the clever children defeat the wicked witch. But what happens next? Where does that Jack fellow go when you turn the page?

Bill Willingham has the answer. He is the author of the long-running comic book "Fables," which reinterprets folklore, fables, fairy tales and literature into an absorbing series in which Snow White is living alongside Beauty, the Beast and the Big Bad Wolf in Fabletown, a secret city within New York, as refugees from the homelands where the evil Adversary (a well-known character) reigns.

Willingham now sets his focus on Scheherazade with his new graphic novel, "1001 Nights of Snowfall," due out Wednesday. The story starts with Snow White asking Sultan of Arabia if he'll join forces with Fabletown and fight the Adversary. But, as in the original story, she has to spin tales in order to spare her life.

It might sound as if Willingham has a degree in folklore, but the



A THOUSAND AND ONE NIGHTS OF TALKING: Snow White has to keep chatting if she wants the Sultan of Arabia to help her fight the adversary in the new "Fables."

long-time comic creator said that reputation is undeserved.

"The research involves pretty much lots of reading in the genres, which I did anyway," he said. "But now ... I can justify it as research, and I take the time to make notes if an interesting character or an idea pops up that I want to make use of."

"1001 Nights" offers Willingham interpretations of numerous folktales, many of which are the main characters of the ongoing book. Basically, this tells the origins of those characters, explaining why the Big Bad Wolf is big and bad, and why the witch wants to eat Hansel and Gretel. (It's not because they're delicious.)

Joining Willingham is a collection of some of the finest artists working today. "Fables" cover artist James Jean provides his first interior work in a comic. Charles Vess and Michael Wm. Kaluta create illustrations to accompany the text chapters of the book.

Mark Buckingham, the artist for the monthly book, paints a beautiful story.

"He's a wonderful artist," Willingham said. "I don't think we can do without him now. I've tried legally adopting the guy for some way [to] make sure that he's never allowed to leave 'Fables.'"

SCOTT ROSENBERG (EXPRESS)



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WASHINGTONPOST.COM/ENTERTAINMENT

JOAN JETT

Rock 'n' Roll Loves Her



1 In 1976, a teenage Joan Jett played CBGB. In 2006,

Jett, well into her forties, spent a summer-headlining the youth-oriented the Vans Warped Tour. In the years between, she's pumped out tough, catchy, stripped-down hard rock that you've heard on the radio and sounds a lot like her new album, "Sinner."

→ 9:30 Club, 815 V St. NW; with Eagles of Death Metal, 8:30 p.m., \$25; 703-218-6500. (U St. - Cardozo)



ART BRUT Et Tu?

2 Countless wags have noted that Art Brut is a rare blogland buzz band that's actually great. Well, the music is good, but the humorous lyrics are simply divine.

→ Black Cat, 1811 14th St. NW; with the Spinto Band, Tokyo Police Club, 8:30 p.m., \$13; 202-667-7960, blackcat-dc. (U St. - Cardozo)

THE PHYSICS OF SUPERHEROES See, It COULD Happen

3 James Kakalios, a professor at the University of Minnesota, discusses his book "The Physics of Superheroes," which explains how super powers could result from thermodynamics, quantum mechanics and other high-falutin mumbo jumbo.

→ Library of Congress, 101 Independence Ave. SE; 11:30 a.m., free; 202-707-2905. (Capitol South)

WHAT'S HAPPENING?

Please send press releases and photos to expressevents@readexpress.com

Sting Studies History

The wide-ranging artist looks back to the Elizabethan age

MUSIC | Sting has always dabbled outside the rock and pop realms, but a trip four centuries into the past is well beyond even his boundaries.

On "Songs From the Labyrinth." (Deutsche Grammophon), he journeys far afield from his recent forays into the light-listening mainstream to explore the music and

life of Elizabethan composer John Dowland in a collection as sincere in its tribute as it is joyously free of its performer's typical commercial proclivities.

Sting smartly adapts his model to fit the material rather than vice versa, adhering to a traditional approach as his lithe tenor settles earnestly into the spare and somber "Flow, My Tears."

With only the cleanly picked lute and archlute of Edin Karamazov for accompaniment on the set, Sting



After forays into jazz and world music, Sting reaches back a few hundred years.

employs modern tools with a light touch, layering vocals into a four-part harmony alongside the plucky line of "Fine knacks for ladies."

The project is played straight and without pretension, not so much for the masses as in service of a niche audience and fans sufficiently loyal to follow Sting into the past.

Once there, he bridges songs with readings from a Dowland letter of 1595 to help contextualize songs that, although formal and firmly rooted in the past, turn out to have values, attitudes and sensibilities very much in keeping with the music produced by today's songsmiths. THOMAS KINTNER (THE HARTFORD COURANT)

WEB COOKIES: Lee Ann Wong from Bravo's "Top Chef" will host the new webisode series "Top Recipe: The Wong Way to Cook," debuting on bravotv.com on Thursday, which is when season two of the cooking competition begins.



Entertainment

Chemistry Lessons

New Jersey rockers quickly learn how to play with the big boys

RISEING STARS | Four years ago, My Chemical Romance was playing in New Jersey dives, churning out metal-laced punk anthems about murder and vampires. Eyeball Records founder Alex Saavedra signed the band to his small label, but felt from the start that the group wouldn't be sticking around.

"Even their small shows at the Loop Lounge in Passaic, N.J. — a venue that doesn't even have a stage every night — My Chemical Romance would play that place as if they were Iron Maiden in 1987," Saavedra said.

The band became a million-selling act with its major-label album, "Three Cheers for Sweet Revenge." Singer Gerard Way; his brother, bassist Mikey Way;



A FINE ROMANCE: A strenuous gigging schedule and some Internet savvy led My Chemical Romance to a major label.

guitarists Ray Toro and Frank Iero; and drummer Bob Bryar have also had to adjust to being tagged sellouts. "We're very over the top, and that gets you a lot of

love, and it gets you a lot of hate," Gerard Way said.

Having sprung out of the same New Jersey scene that spawned emo-rockers Thursday and Saves

the Day, My Chemical Romance was one of the first heroes of communal Web sites like MySpace and PureVolume. Internet attention translated into an underground

following, and with a third studio album out Oct. 24, "The Black Parade," My Chemical Romance hopes fans are ready for some Queen-inspired theatrics.

It's a long way from MCR's debut, the straight-ahead "I Brought You My Bullets, You Brought Me Your Love," released on Eyeball in 2002. The album was produced by Thursday's Geoff Rickey, a connection that inspired interest. "People were flying out to see them play in basements," said Saavedra. "There were two A&R guys among 20 kids."

When MCR was offered to tour overseas with Ozzfest favorite the Used, Eyeball lacked the funds to support the band, and the band's manager, Brian Schechter, paid for the tour himself.

"We had nothing," said Saavedra. "I made \$7,000 that year. If that happened now, we'd be in a position to pay for it, but at that time I would have had to take a personal loan to send the band to England. We were also getting the feeling that the band wasn't going to be sticking around on our label much longer, anyway."

TODD MARTENS (BILLBOARD)



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 THE GRUDGE 2 (PG13) / 1:30, 3:05, 4:35, 5:50, 7:25, 8:40, 10:25
 MAN OF THE YEAR (PG13) / 1:20, 2:20, 4:20, 5:25, 7:20, 8:25, 10:30
 MAN OF THE YEAR (PG13) / 1:25, 4:10, 7:05, 9:50
 THE MARINE (PG13) / 1:05, 3:10, 4:30, 6:30, 8:00, 10:00
 THE DEPARTED (R) 1:05, 3:10, 4:30, 6:30, 8:00, 10:00
 EMPLOYEE OF THE MONTH (PG13) 2:00, 3:00, 4:45, 5:30, 7:15, 8:00, 9:45, 10:30
 TEXAS CHAINSAW MASSACRE: THE BEGINNING (R) 1:45, 2:45, 4:15, 5:15, 6:45, 7:35, 9:15, 10:15
 THE GUARDIAN (PG13) 1:35, 5:00, 7:00, 8:30, 10:20
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 SCHOOL FOR SCOUNDRELS (PG13) 1:55, 4:25, 6:55, 9:25
 JACKASS: NUMBER TWO (R) 2:30, 5:05, 7:40, 10:05
 JET LI'S FEARLESS (PG13) 1:00, 4:05, 7:05, 9:40
 GRIDIRON GANG (PG13) 1:15, 4:25, 7:20, 10:20

AMC SELECT

ONE NIGHT WITH THE KING (PG) / 1:10, 4:20, 7:15
 THE ILLUSIONIST (PG13) 2:10, 4:55, 7:30, 10:05
 LITTLE MISS SUNSHINE (R) 1:40, 4:40, 7:35, 10:10

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THE GRUDGE 2 (PG13) / 1:40, 4:00, 6:30, 8:50
 MAN OF THE YEAR (PG13) / 1:50, 4:30, 8:15
 THE MARINE (PG13) / 5:15, 8:30
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 JET LI'S FEARLESS (PG13) 8:00
 GRIDIRON GANG (PG13) 4:50

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MAN OF THE YEAR (PG13) / 2:00, 2:45, 4:40, 5:25, 7:20, 8:05
 THE DEPARTED (R) 1:45, 5:00, 8:15
 OPEN SEASON (PG) 2:30, 4:50
 SCHOOL FOR SCOUNDRELS (PG13) 3:00, 5:35, 7:55
 ALL THE KING'S MEN (PG13) 2:10, 5:00, 7:50

AMC SELECT

THE LAST KISS (R) 2:50, 5:10, 7:40

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REEL MOMS

MAN OF THE YEAR (PG13) / 11:00 AM

THE GRUDGE 2 (PG13) / 1:45, 4:15, 6:50, 9:45
 MAN OF THE YEAR (PG13) / 2:00, 3:00, 4:45, 5:45, 7:30, 8:30, 10:20
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 THE MARINE (PG13) / 2:15, 4:35, 7:00, 9:30
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 THE GUARDIAN (PG13) 1:00, 4:00, 7:10, 10:15
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AMC SELECT

THE LAST KING OF SCOTLAND (R) 1:50, 4:40, 7:45, 10:45
 THE LAST KISS (R) 2:45, 5:15, 7:50, 10:30
 THE ILLUSIONIST (PG13) 2:30, 5:05, 7:40, 10:25
 LITTLE MISS SUNSHINE (R) 2:55, 5:30, 8:00, 10:35

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THE GUARDIAN (PG13) 2:00, 5:00, 8:00

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THE GRUDGE 2 (PG13) / 1:45, 2:45, 4:10, 5:10, 6:35, 7:35, 9:00, 10:00
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 GRIDIRON GANG (PG13) 7:15, 10:15

AMC SELECT

ONE NIGHT WITH THE KING (PG) / 1:40, 4:20, 7:00, 9:40

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THE GRUDGE 2 (PG13) 2:00, 4:30, 7:00, 9:30
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AMC SELECT

THE ILLUSIONIST (PG13) 1:40, 4:10, 6:45, 9:10
 LITTLE MISS SUNSHINE (R) 2:25, 4:45, 7:05, 9:20

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SCHOOL FOR SCOUNDRELS (PG13) 4:50, 8:00
 ALL THE KING'S MEN (PG13) 4:10, 7:00
 FLYBOYS (PG13) 7:10
 JET LI'S FEARLESS (PG13) 4:25, 7:30
 EVERYONE'S HERO (G) 4:20

AMC SELECT

INFAMOUS (R) 4:30, 7:20
 THE LAST KISS (R) 4:00, 6:45
 LITTLE MISS SUNSHINE (R) 4:45, 7:30
 MAXX (NR-NOT RATED) 4:15, 7:45

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THE GRUDGE 2 (PG13) 1:50, 2:50, 4:20, 5:20, 6:50, 7:50, 9:20, 10:20
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 GRIDIRON GANG (PG13) 1:20, 4:05, 7:05, 9:50

LOEWS SHIRLINGTON 7

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AMC SELECT

INFAMOUS (R) 2:00, 4:30, 7:10, 9:40
 THE U.S. VS. JOHN LENNON (PG13) 2:10, 4:40, 7:40, 10:00
 THE LAST KING OF SCOTLAND (R) 1:30, 4:20, 7:00, 9:50
 THE SCIENCE OF SLEEP (R) 1:50, 4:10, 7:20, 9:50
 KEEPING MUM (R) 1:20, 4:20, 7:10, 9:20
 HOLLYWOODLAND (R) 3:50, 9:10
 THE BOYNTON BEACH CLUB (NR-NOT RATED) 1:40, 7:00
 LITTLE MISS SUNSHINE (R) 2:20, 4:50, 7:30, 9:40

AMC TYSONS CORNER 16

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THE GRUDGE 2 (PG13) / 12:55, 2:05, 3:20, 4:30, 5:50, 7:10, 8:15, 9:35, 10:35
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 THE GUARDIAN (PG13) 1:25, 4:30, 5:35, 7:35, 8:50, 10:35
 OPEN SEASON (PG) 1:00, 2:05, 3:25, 4:40, 7:00, 9:25
 JACKASS: NUMBER TWO (R) 1:05, 3:30, 5:55, 8:05, 10:20

AMC SELECT

THE ILLUSIONIST (PG13) 2:10, 4:45, 7:25, 10:05

AMC RIVERTOWNE 12

Exit 4A I-95, 1/2 mi. on Oxon Hill Rd.
703-998-4AMC

THE GRUDGE 2 (PG13) / 5:30, 8:10
 THE MARINE (PG13) / 5:35, 8:15
 THE DEPARTED (R) 4:20, 7:30
 EMPLOYEE OF THE MONTH (PG13) 5:25, 8:10
 TEXAS CHAINSAW MASSACRE: THE BEGINNING (R) 5:30, 8:00
 THE GUARDIAN (PG13) 4:30, 7:30
 OPEN SEASON (PG) 4:35, 7:00
 JACKASS: NUMBER TWO (R) 5:15, 7:25
 JET LI'S FEARLESS (PG13) 5:10, 7:40
 GRIDIRON GANG (PG13) 5:00, 8:05
 THE COVENANT (PG13) 4:50, 7:15
 CROSSOVER (PG13) 4:45, 7:10

AMC COURTHOUSE PLAZA 8

Courthouse and Birch Rd.
703-998-4AMC

THE GRUDGE 2 (PG13) / 5:30, 8:10
 MAN OF THE YEAR (PG13) / 4:30, 5:15, 7:15, 8:00
 THE DEPARTED (R) 4:15, 5:00, 7:30, 8:15
 TEXAS CHAINSAW MASSACRE: THE BEGINNING (R) 4:45, 7:00

AMC SELECT

THE LAST KISS (R) 4:05, 6:30
 LITTLE MISS SUNSHINE (R) 5:45, 8:30

AMC COUNTRY CLUB MALL 6

Country Club Mall on Vocke Rd near Route 68.
301-729-6633

THE GRUDGE 2 (PG13) / 5:40, 8:00
 MAN OF THE YEAR (PG13) / 5:20, 8:00
 THE DEPARTED (R) / 5:00, 8:15
 EMPLOYEE OF THE MONTH (PG13) / 5:20, 7:45
 THE GUARDIAN (PG13) 5:10, 8:15
 OPEN SEASON (PG) 5:50, 7:45

LOEWS WISCONSIN AVE. 6

4000 Wisconsin Avenue, N.W.
202-244-0880

THE GRUDGE 2 (PG13) 2:05, 4:35, 7:15
 THE MARINE (PG13) 2:10, 4:40, 7:00
 EMPLOYEE OF THE MONTH (PG13) 1:55, 4:30, 7:05
 TEXAS CHAINSAW MASSACRE: THE BEGINNING (R) 2:15, 4:50, 7:20
 JACKASS: NUMBER TWO (R) 2:00, 4:45, 7:10
 JET LI'S FEARLESS (PG13) 4:15
 PIRATES OF THE CARIBBEAN: DEAD MAN'S CHEST (PG13) 1:15, 6:40

LOEWS DUPONT 5

1350 19th St.
202-333-3456

THE DEVIL WEARS PRADA (PG13) 5:00, 7:20

AMC SELECT

INFAMOUS (R) 4:30, 7:00
 THE U.S. VS. JOHN LENNON (PG13) 4:40, 7:30
 HOLLYWOODLAND (R) 4:20, 7:10
 THIS FILM IS NOT YET RATED (NC-17) 5:10, 7:40

LOEWS WHITE FLINT 5

North Bethesda
202-333-3456

MAN OF THE YEAR (PG13) 2:10, 4:40, 7:25
 THE DEPARTED (R) 3:00, 7:00
 THE GUARDIAN (PG13) 2:00, 4:35, 7:25
 OPEN SEASON (PG) 2:15, 4:30, 7:05
 ALL THE KING'S MEN (PG13) 2:00, 4:45, 7:25

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ONE NIGHT WITH THE KING (PG) DIG (150 440) 730 1020

MAN OF THE YEAR (PG-13) DIG (140 425) 720 1005

THE MARINE (PG-13) DIG (215 455) 725 950

THE GRUDGE 2 (PG-13) DIG (1155 130 200 230 405 435 505) 640

DEPARTED (R) - ID REQ'D DIG (1200 1230 315 345) 630 700 945

EMPLOYEE OF THE MONTH (PG-13) DIG (1225 250 510) 745 1010

TEXAS CHAINSAW MASSACRE: THE BEGINNING (R) - ID REQ'D

DIG (1215 100 230 340 515) 635 730 900 955

OC: THE GUARDIAN (PG-13) DIG (410) 1025

THE GUARDIAN (PG-13) DIG (1250) 720

OPEN SEASON (PG) DIG (1205 215 430) 705 915

JET LI'S FEARLESS (PG-13) DIG (1220 255 525) 805 1035

JACKASS: NUMBER TWO (R) - ID REQ'D DIG (1210 500) 955

THE ILLUSIONIST (PG-13) DIG (225) 710

LITTLE MISS SUNSHINE (R) - ID REQ'D DIG (1200 220 450) 715 940

GRIDIRON GANG (PG-13) DIG 935

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MAN OF THE YEAR (PG-13) DIG (1135 240 510) 740 1025

THE MARINE (PG-13) DIG (1215 245 515) 745 1015

THE GRUDGE 2 (PG-13) DIG (1140 1220 120 220 320 420 520) 620

ONE NIGHT WITH THE KING (PG) DIG (720 820 920 1020)

MONSTER HOUSE DIGITAL 3D (PG) DIG (1340 430) 720 1010

DEPARTED (R) - ID REQ'D DIG (1130 1230 130 300 400 500) 630

EMPLOYEE OF THE MONTH (PG-13) DIG (1200 150 250 440 540)

TEXAS CHAINSAW MASSACRE: THE BEGINNING (R) - ID REQ'D

DIG (1210 100 230 330 450 550) 750 850 1030

OC: THE GUARDIAN (PG-13) DIG (340) 950

THE GUARDIAN (PG-13) DIG (1240) 640

SCHOOL FOR SCOUNDRELS (PG-13) DIG (110 350) 635 910

OPEN SEASON (PG) DIG (1150 140 210 415 445) 645 715 915

JET LI'S FEARLESS (PG-13) DIG 650 930

JACKASS: NUMBER TWO (R) - ID REQ'D DIG (1250 310 530) 800

GRIDIRON GANG (PG-13) DIG (345) 900

THE ILLUSIONIST (PG-13) DIG (1245) 625

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Adv. Tix on Sale THE NIGHTMARE BEFORE CHRISTMAS 3D:

\$2 FEE FOR 3D (PG) ★

MAN OF THE YEAR (PG-13) DIG (155 445) 740 1030

THE MARINE (PG-13) DIG (1200 225 510) 735 1000

THE GRUDGE 2 (PG-13) DIG (1200 130 230 430 500) 730 800 1010

DEPARTED (R) - ID REQ'D DIG (1220 100 345 425) 710 750 1035

EMPLOYEE OF THE MONTH (PG-13) DIG (225 450) 720 955

TEXAS CHAINSAW MASSACRE: THE BEGINNING (R) - ID REQ'D

DIG (1205 145 235 415 515) 745 815 1015

THE GUARDIAN (PG-13) DIG (1240 350) 705 1020

SCHOOL FOR SCOUNDRELS (PG-13) DIG (1215 240 505) 725 945

OPEN SEASON (PG) DIG (1210 220 440) 700 920

JACKASS: NUMBER TWO (R) - ID REQ'D DIG (200) 950

THE ILLUSIONIST (PG-13) DIG (455) 715

BETHESDA 10

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Adv. Tix on Sale SAW III (R) - ID REQ'D ★

Adv. Tix on Sale THE NIGHTMARE BEFORE CHRISTMAS 3D:

\$2 FEE FOR 3D (PG) ★

MAN OF THE YEAR (PG-13) DIG (1245 335) 720 1010

THE MARINE (PG-13) DIG (1250 315) 740 1005

THE GRUDGE 2 (PG-13) DIG (1255 330) 730 955

DEPARTED (R) - ID REQ'D DIG (1230 120 345 435) 700 800 1015

EMPLOYEE OF THE MONTH (PG-13) DIG (100 340) 715 945

TEXAS CHAINSAW MASSACRE: THE BEGINNING (R) - ID REQ'D

DIG (1235 300) 745 1000

THE GUARDIAN (PG-13) DIG (1240 355) 705 1010

SCHOOL FOR SCOUNDRELS (PG-13) DIG (110 350) 725 950

OPEN SEASON (PG) DIG (125 400) 710 930

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\$2 FEE FOR 3D (PG) ★

ONE NIGHT WITH THE KING (PG) DIG (150 440) 730 1020

MAN OF THE YEAR (PG-13) DIG (140 425) 720 1005

THE MARINE (PG-13) DIG (215 455) 725 950

THE GRUDGE 2 (PG-13) DIG (1155 130 200 230 405 435 505) 640

DEPARTED (R) - ID REQ'D DIG (1200 1230 315 345) 630 700 945

EMPLOYEE OF THE MONTH (PG-13) DIG (1225 250 510) 745 1010

TEXAS CHAINSAW MASSACRE: THE BEGINNING (R) - ID REQ'D

DIG (1210 145 235 420 520) 650 750 935 1025

OC: THE GUARDIAN (PG-13) DIG (325) 955

THE GUARDIAN (PG-13) DIG (1215) 645

OPEN SEASON (PG) DIG (1200 220 450) 705 925

JET LI'S FEARLESS (PG-13) DIG (240 515) 800 1035

JACKASS: NUMBER TWO (R) - ID REQ'D DIG (135 410) 635 900

GRIDIRON GANG (PG-13) DIG 930

COUNTRYSIDE STADIUM 20

45980 Regal Plaza 800-FANDANGO 394#

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Adv. Tix on Sale SAW III (R) - ID REQ'D ★

Adv. Tix on Sale THE NIGHTMARE BEFORE CHRISTMAS 3D:

\$2 FEE FOR 3D (PG) ★

MAN OF THE YEAR (PG-13) DIG (1135 240 510) 740 1025

THE MARINE (PG-13) DIG (1215 245 515) 745 1015

THE GRUDGE 2 (PG-13) DIG (1140 1220 120 220 320 420 520) 620

ONE NIGHT WITH THE KING (PG) DIG (720 820 920 1020)

MONSTER HOUSE DIGITAL 3D (PG) DIG (1340 430) 720 1010

DEPARTED (R) - ID REQ'D DIG (1130 1230 130 300 400 500) 630

EMPLOYEE OF THE MONTH (PG-13) DIG (1200 150 250 440 540)

TEXAS CHAINSAW MASSACRE: THE BEGINNING (R) - ID REQ'D

DIG (1210 100 230 330 450 550) 750 850 1030

OC: THE GUARDIAN (PG-13) DIG (340) 950

THE GUARDIAN (PG-13) DIG (1240) 640

SCHOOL FOR SCOUNDRELS (PG-13) DIG (110 350) 635 910

OPEN SEASON (PG) DIG (1150 140 210 415 445) 645 715 915

JET LI'S FEARLESS (PG-13) DIG 650 930

JACKASS: NUMBER TWO (R) - ID REQ'D DIG (1250 310 530) 800

GRIDIRON GANG (PG-13) DIG (345) 900

THE ILLUSIONIST (PG-13) DIG (1245) 625

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Adv. Tix on Sale THE NIGHTMARE BEFORE CHRISTMAS 3D:

\$2 FEE FOR 3D (PG) ★

MAN OF THE YEAR (PG-13) DIG (155 445) 740 1030

THE MARINE (PG-13) DIG (1200 225 510) 735 1000

THE GRUDGE 2 (PG-13) DIG (1200 130 230 430 500) 730 800 1010

DEPARTED (R) - ID REQ'D DIG (1220 100 345 425) 710 750 1035

EMPLOYEE OF THE MONTH (PG-13) DIG (225 450) 720 955

TEXAS CHAINSAW MASSACRE: THE BEGINNING (R) - ID REQ'D

DIG (1205 145 235 415 515) 745 815 1015

THE GUARDIAN (PG-13) DIG (1240 350) 705 1020

SCHOOL FOR SCOUNDRELS (PG-13) DIG (1215 240 505) 725 945

OPEN SEASON (PG) DIG (1210 220 440) 700 920

JACKASS: NUMBER TWO (R) - ID REQ'D DIG (200) 950

THE ILLUSIONIST (PG-13) DIG (455) 715

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Adv. Tix on Sale SAW III (R) - ID REQ'D ★

Adv. Tix on Sale THE NIGHTMARE BEFORE CHRISTMAS 3D:

\$2 FEE FOR 3D (PG) ★

ONE NIGHT WITH THE KING (PG) DIG (150 440) 730 1020

MAN OF THE YEAR (PG-13) DIG (140 425) 720 1005

THE MARINE (PG-13) DIG (215 455) 725 950

THE GRUDGE 2 (PG-13) DIG (1155 130 200 230 405 435 505) 640

DEPARTED (R) - ID REQ'D DIG (1200 1230 315 345) 630 700 945

EMPLOYEE OF THE MONTH (PG-13) DIG (1225 250 510) 745 1010

TEXAS CHAINSAW MASSACRE: THE BEGINNING (R) - ID REQ'D

DIG (1210 145 235 420 520) 650 750 935 1025

OC: THE GUARDIAN (PG-13) DIG (325) 955

THE GUARDIAN (PG-13) DIG (1215) 645

OPEN SEASON (PG) DIG (1200 220 450) 705 925

JET LI'S FEARLESS (PG-13) DIG (240 515) 800 1035

JACKASS: NUMBER TWO (R) - ID REQ'D DIG (135 410) 635 900

GRIDIRON GANG (PG-13) DIG 930

GERMANTOWN STADIUM 14

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Adv. Tix on Sale FLAGS OF OUR FATHERS (R) - ID REQ'D ★

Adv. Tix on Sale SAW III (R) - ID REQ'D ★

Adv. Tix on Sale THE NIGHTMARE BEFORE CHRISTMAS 3D:

\$2 FEE FOR 3D (PG) ★

MAN OF THE YEAR (PG-13) DIG (1245 345) 730 1020

THE MARINE (PG-13) DIG (145 445) 745 1010

THE GRUDGE 2 (PG-13) DIG (115 215 400 500) 645 745 930 1030

DEPARTED (R) - ID REQ'D DIG (1230 130 345 445) 700 800 1015

EMPLOYEE OF THE MONTH (PG-13) DIG (145 415) 715 1000

TEXAS CHAINSAW MASSACRE: THE BEGINNING (R) - ID REQ'D

DIG (100 200 330 430) 700 800 945 1015

OC: THE GUARDIAN (PG-13) DIG (430) 1030

THE GUARDIAN (PG-13) DIG (1230 130 330) 630 730

OPEN SEASON (PG) DIG (200 500) 815 1025

JACKASS: NUMBER TWO (R) - ID REQ'D DIG 930

THE ILLUSIONIST (PG-13) DIG (115 400) 715 950

LITTLE MISS SUNSHINE (R) - ID REQ'D DIG (1245 315) 645 915

MANASSAS STADIUM 14

11380 Bulloch Drive 800-FANDANGO 490#

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Adv. Tix on Sale THE NIGHTMARE BEFORE CHRISTMAS 3D:

\$2 FEE FOR 3D (PG) ★

ONE NIGHT WITH THE KING (PG) DIG (1240 335) 735 1020

MAN OF THE YEAR (PG-13) DIG (110 400) 730 1010

THE MARINE (PG-13) DIG (1200 220 440) 740 955

THE GRUDGE 2 (PG-13) DIG (1225 1255 310 345) 650 720 930 1010

DEPARTED (R) - ID REQ'D DIG (1140 1210 300 330) 630 700 950

EMPLOYEE OF THE MONTH (PG-13) DIG (124

Entertainment



'TRL' SHOULD HAVE THOUGHT OF THIS: As part of a "Project Runway" marathon tonight, Bravo is debuting a "news ticker" with pithy commentary from "Runway" fans, celebrities and designers. Weigh in on the program at bravotv.com.

Mistakes Were Made

PBS' 'Frontline' tracks the failings of a crucial year in Iraq

HINDSIGHT | How did the situation in Iraq change so quickly from rapid military success to endless insurgency? "The Lost Year in Iraq" on "Frontline" (10 p.m., PBS) looks at the key decisions that American ambassador L. Paul Bremer III and others made in 2003 that radically changed the relationship between Americans and the people they had come to liberate.

The documentary contains more than 30 interviews with Bremer and military personnel, CIA officers, reporters and authors, including Thomas E. Ricks, author of "Fiasco: The American Military Adventure in Iraq" and Washington Post reporter Rajiv Chandrasekaran, author of "Imperial Life in the Emerald City: Inside Iraq's Green Zone."

Bremer's first edict, purging former members of Saddam Hussein's Baathist party from the government, affected everyone from key ministers to grade-school teachers. For many, particularly Sunnis, the Americans were now the enemy.



THINGS FALL APART: The dramatic taking down of the statue of Saddam Hussein was perhaps the high point of 2003 for the American participants in the Iraq war.

Many of these defeated soldiers had been looking forward to joining with the Americans to provide stability as police officers. According

to counterinsurgency expert Col. T.X. Hammes, "Now you have a couple hundred thousand people who are armed ... who have no

future, and who have a reason to be angry with you."

Almost immediately, the insurgency changed from sporadic looting to military-style attacks that continue to this day.

The report also points to a potentially explosive scandal about the composition of Bremer's staff. To work for the ambassador, you had to pass a political litmus test. Job seekers were asked whom they had voted for in 2000 and what their position was on Roe v. Wade. "The hiring process," observes Chandrasekaran, "involved questions that would have landed a private-sector employer in jail."

Ricks calls Bremer's staff "a children's crusade of former Republican campaign workers." Hammes recalls working with a 25-year-old strategic planner assigned to the Iraqi Ministry of Interior. When Hammes questioned him about the small size of the staff, the young man replied, "Yes, but we're really tight because we're frat brothers." Hammes concludes glumly, "I never in my life thought I would encounter 'frat brothers' and 'strategic planners' in the same sentence." KEVIN MCDONOUGH (UNITED FEATURE SYNDICATE)



Patti Smith and the club that launched the Ramones, Blondie and many others.

Famed Club CBGB Hosts Its Last Gig

EPICENTERS | The final chords reverberated off the black, sticker-covered walls of CBGB as the grungy, iconic club toasted the end of its 33-year residence in New York. Rock poet Patti Smith headlined the Sunday night concert, CBGB's last before eviction by its landlord. The club will close Oct. 31.

Hundreds of fans packed the small club, while reporters hovered outside. The mood was both somber and raucous at CBGB, hailed by many as the birthplace of punk.

Smith noted, with relish, that at 33, CBGB was the same age as Jesus was when he was crucified. (AP)

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Herniated Disc Technology Discovered by NASA Scientists

A new free report has recently been released that reveals how breakthrough medical technology is offering new hope for sciatica sufferers. Discover how research has proven non-surgical spinal decompression 86% successful in treating debilitating back pain. Find out how why astronauts don't have back pain and how NASA's accidental discovery lead to the most promising treatment today. For your free report entitled, "How Space Age Technology Is Solving Back Pain Without Drugs Or Surgery!" call 1-800-357-5039 for the toll-free 24 Hour recorded message. Supplies are limited - call now. If phone lines are busy, visit: www.DiscReportVA.com



Clinical Research Study for Birth Control

Millennium Clinical Trials is conducting a clinical research study of an investigational oral medication for birth control. Qualified participants will receive at no cost for up to

6 months: Periodic gynecological exams and investigational oral birth control medication.

Females that are 18-45 years of age, sexually active, and have regular menstrual cycles may be eligible for participation. Compensation up to \$150.00 is available for time and travel.

For more information about this research study please call (703) 527-8100 or email birthcontrolstudy@yahoo.com

Participation is completely voluntary.
Metro Accessible

IN A WORD, TOTALLY: We're not outraged that the National Geographic Channel is supporting supernatural theories; we're outraged that it's questioning them. Decide for yourself on Monday at 8 p.m. when "Is It Real? Vampires" airs.



Television

ON TV TONIGHT

THERE'S NO CRYING IN FOOTBALL

An unexpected loss puts the coach (Kyle Chandler) on the spot on **FRIDAY NIGHT LIGHTS** (8 p.m., NBC).

RIPPED FROM THE TABLOIDS

Alan Shore (James Spader) tangles with Scientology on **BOSTON LEGAL** (10 p.m., ABC).

SHE'S A PISTOL

Actress Betty Hutton stars in the 1950 Wild West musical **ANNIE GET YOUR GUN** (8 p.m., TCM).

TED DANSON, UH, ROCKS?

A garage band reunites on **HELP ME HELP YOU** (9:30 p.m., ABC).

CHRIS COGNAC: DESTINED

TO WRITE ABOUT FOOD
Culinary columnist Chris Cognac travels in search of obscure and unforget-



THE BAND'S BACK TOGETHER: We dare you to get this image out of your head.

table eateries on **THE HUNGRY DETECTIVE**
(10 p.m., Food). KEVIN MCDONOUGH
(UNITED FEATURE SYNDICATE)

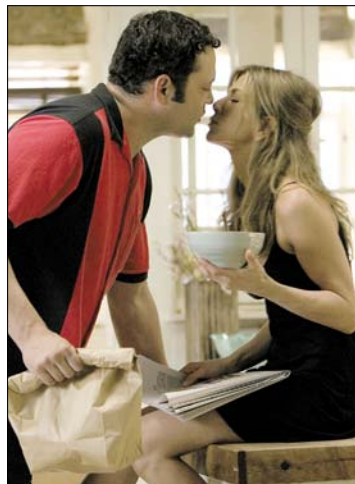
Strange Bedfellows

A comedic 'Break-Up' and a political epic make DVD debuts

ON DISC | Jennifer Aniston and Vince Vaughn scored a solid romantic hit with “The Break-Up” (Universal), a mix of comedy and drama about a relationship gone stale.

Aniston plays an art-gallery dealer who calls it quits with boyfriend Vaughn, the two sharing their trendy condo after both are too stubborn to move out.

Highlighting the DVD extras is about 20 minutes of deleted scenes, including an alternate ending with



THE UNHAPPY COUPLE: Vince Vaughn and Jennifer Aniston kiss and break up.

essentially the same dialogue as the finale in the theatrical release but in a different setting with extra characters that dramatically change the tone. Aniston and Vaughn provide one commentary track, director Peyton Reed another.

This week also sees the release of "Reds" (Paramount), Warren Beatty's epic set against the Russian Revolution. The 1981 film makes its DVD debut in a two-disc set.

Beatty stars with Diane Keaton and Jack Nicholson in the story of an American journalist and a feminist whose communist sympathies lead them into the heart of the revolution, only to find their ideals twisted to suit the Soviet regime. DVD featurettes examine shooting locations, set design, editing, music and the cast. **DAVID GERMAIN (AP)**

	10:17.06	6:00 PM	6:30	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30		
LOCAL CHANNELS	WRC	[4] News [CC]		Nightly News	Access Hollywood	Friday Night Lights "Wind Sprints" [O]		Law & Order: Criminal Intent (N) [O]		Law & Order: Special Victims Unit (N)		News [CC]	Tonight Show		
	WTTG	[5] Every-Raymond	The Simpsons [O]	The Simpsons [O]	Seinfeld [O] [CC]	MLB Baseball American League Championship Series Game 6 -- Detroit Tigers at Oakland Athletics. (S Live) [CC]						News			
	WJLA	[7] News [CC]	ABC Wld News	Wheel of Fortune	Jeopardy! (N)	Dancing With the Stars (S Live) [CC]			Help Me Help You	(:01) Boston Legal (N) [O] [CC]		News [CC]	(:35) Nightline		
	WUSA	[9] News [CC]	Evening News	9News Tonight	Entertainment	NCIS "Dead and Unburied" (N) [CC]			The Unit "Force Majeure" (N) [CC]	Criminal Minds "A Real Rain" [CC]		News [CC]	Late Show		
	WDCA	[20] Divorce Court (N)	Divorce Court [O]	Judge Joe Brown	Judge Judy (N) [O]	Desire "Resurrection" (N) [O] [CC]			Fashion House "The Blow Up" (N) [O]	News	Scrubs [O] [CC]	That '70s Show	That '70s Show		
	WMPT	[22] The NewsHour With Jim Lehrer (N)		Business Rpt.	Outdoors Md.	Nova "The Deadliest Plane Crash" (N)			Frontline "The Last Year in Iraq" (N)	National Geographic [O] [CC]			Narrow Gauge		
	WETA	[26] BBC World News	Business Rpt.	The NewsHour With Jim Lehrer (N)		Nova "The Deadliest Plane Crash" (N)			Nature "Trail of the Cougar" [O]	Frontline "The Last Year in Iraq" (N)		Charlie Rose (N) [O] [CC]			
	WHUT	[32] World Business	Tavis Smiley [O]	BBC World News	Moneywise	Mystery: Mrs. Bradley			Great Museums	Hall of Fame	BBC World News	Tavis Smiley [O]	Charlie Rose (N) [O] [CC]		
WDCW	[50] My Wife and Kids	Bernie Mac	My Wife and Kids	Bernie Mac	Gilmore Girls (N) [O] [CC]			Veronica Mars "Witchita Linebacker"	Friends [O] [CC]	Friends [O] [CC]	Sex and the City	Sex and the City			
BASIC CABLE	A&E	Crossing Jordan [O] [CC]		CSI: Miami "Innocent" [O] [CC]		CSI: Miami "Lost Son" [O] [CC]		Bounty Hunter	Bounty Hunter	Inked [CC]	Inked [CC]	Dallas SWAT [CC]			
	Animal	The Crocodile Hunter Diaries [CC]		The Most Extreme Dog breeds. [CC]		The Most Extreme "Freeloaders" (N)		Natural Born Sinners [CC]		Animal Cops Houston "Trouble"		The Most Extreme "Freeloaders"			
	BET	106 & Park: BET's Top 10 Live [CC]			College Hill [CC]		** "Don't Trip ... He Ain't Through With Me Yet!" (2006) Steve Harvey.			Beef: The Series		Vince Young	Jamie Foxx	Jamie Foxx	
	Bravo	Top Chef "Finale" A winner is chosen.			Project Runway "Everyday Woman"		Project Runway "High Flying Fashion"			Project Runway "Couture du Jour"		Project Runway "Black and White"		Project Runway "Editorial" [CC]	
	Comedy	(5:00) * "2001: A Space Travesty"		Scrubs [O] [CC]	Scrubs [O] [CC]	Daily Show	Colbert Report	Chappelle's Show	South Park [CC]	Mind of Mencia	Mind of Mencia	Daily Show	Colbert Report		
	Court	Forensic Files	Forensic Files	Cops [O] [CC]	Cops [O] [CC]	Cops [O] [CC]	Cops [O] [CC]	Cops [O] [CC]	Cops [O] [CC]	World's Scariest Police Shootouts! 2		On the Run "The Elusive Mr. Wee"			
	Discovery	It Takes a Thief "Station Break" (N)		How It's Made		How It's Made		Mega Builders Harlem River.		Dirty Jobs "Skull Cleaner" [CC]		Fugitive Strike Force (N)		Dirty Jobs Viewers' questions. [CC]	
	DISCH	Code Blue "St. Patrick's Day"		Impact: Stories of Survival [CC]		Little People, Big World [CC]		Dan Ho Special: Simplify (N)		Anatomy of Sex [CC]		Little People, Big World [CC]			
	Disney	Phil of the Future	Zack & Cody	Phil of the Future	That's So Raven	"Halloweentown II: Kalabar's Revenge" (2001) [O] [CC]			Phil of the Future	Life With Derek	Phil of the Future	Zack & Cody	That's So Raven		
	E!	THS Investigates: Women Who Kill		E! News (N)	The Daily 10 (N)	Sexiest		The Interview With Ryan Seacrest		Girl Next Door	Girl Next Door	E! News	The Daily 10		
	FX	King of the Hill [O]	That '70s Show	That '70s Show	** "The Butterfly Effect" (2004, Suspense) Ashton Kutcher,		Amy Smart, Eric Stoltz. Premiere.		Nip/Tuck "Burt Landau" (N)		(:05) Nip/Tuck "Burt Landau"				
	HGTV	If Walls Could	What's-House?	What You Get	House Hunters	Designed to Sell	Save My Bath (N)	Decorating Cents	24 Hour Design	House Hunters	Buy Me (N) [O]	Parents House	FreeStyle (N)		
	Family	Everwood "Vegetative State" [CC]		Gilmore Girls "Bridesmaids Revisited"		*** "Ever After: A Cinderella Story" (1998, Romance) Drew Barrymore, Anjelica Huston. [CC]			Whose Line?		The 700 Club [CC]				
	History	Tactical to Practical "Boys Toys"		Modern Marvels: Apollo 13 [CC]		Violent Earth: Asteroids (N) [CC]		Mega Disasters [CC]		Man, Moment, Machine [CC]		Death Road [CC]			
	Lifetime	Reba [O] [CC]	Reba [O] [CC]	"The Only Witness" (2003, Suspense) Kristy Swanson, Vincent Spano. [CC]			** "Hangman" (2000, Suspense) Lou Diamond Phillips. Premiere. [CC]			Will & Grace [O]					
	MTV	Little Talent	Room Raiders [O]	Sucker Free [O]	Made "Cheerleader" [O]		Made [O]		True Life "I'm a Staten Island Girl" (N)		Laguna Beach				
	NICK	Ned's School	Avatar-Last Air	Fairly OddParents	Jimmy Neutron	SpongeBob	Danny Phantom	Full House [CC]	Full House [CC]	The Cosby Show	Fresh Prince	Roseanne [CC]	Roseanne [CC]		
SCI FI	Stargate SG-1 Mission to save Earth.		Dead Like Me "Forget Me Not" [CC]		Dead Like Me George has regrets. [O]		Eureka "Before I Forget" [O] [CC]		ECW When will RVD get his title shot?		"Jolly Roger: Massacre"				
SPIKE	World's Wildest Police Videos [CC]		CSI: Crime Scene Investigation [O]		CSI: Crime Scene Investigation [O]		*** "Lethal Weapon 2" (1989) Mel Gibson, Danny Glover. Riggs and Murtaugh battle drug-smuggling diplomats.			World's Funniest Wedding Outtakes					
TBS	Seinfeld [O] [CC]	Seinfeld [O] [CC]	Every-Raymond	Every-Raymond	Every-Raymond	Every-Raymond	Sex and the City	Sex and the City	(:10) Friends [O]	(:40) Friends [O]	Miami Ink Darren's wife gets a tattoo.				
TLC	While You Were Out [CC]		Rides "Hollywood Speed" [CC]		Overhaulin' "Lowrider Girl" [CC]		Overhaulin' "All in the Family" [CC]		Miami Ink (N)		Law & Order "Tabloid" [CC] (DVS)				
TNT	Law & Order "Brother's Keeper" [O]		Without a Trace "The Stranger" [O]		Law & Order "Can I Get a Witness?"		Law & Order "Bodies" [CC] (DVS)		Law & Order "Dazzled" [O]		Law & Order: Criminal Intent [CC]				
USA	Law & Order: Special Victims Unit [O]		Law & Order: Criminal Intent [O]		Law & Order: Special Victims Unit [O]		Law & Order: Special Victims Unit [O]		** "Liar Liar" (1997) Jim Carrey. A fast-talking lawyer cannot tell a lie. [CC]		Ice-T's Rap				
VHI	Flavor of Love	The Flavor of Love	Meeting families.	The Flavor of Love	Flav makes a decision. [O]		VH1 Hip Hop Honors Host Ice T. (N) [O]					Hip Hop Honr			
SPAN.	TELEM	Sala de Parejas	Noti-Telemndo	Viuda de Blanco		Tierra Pasiones	(:32) Marina	(:32) Amores	(:03) Decisiones			Noti-Telemndo	Laura		
	UNIV	Que Locura	Noticiero Univ	Heridas de Amor (N)		La Fea Más Bella (N)		Mundo de Fieras (N)	Ver Para Creer			Primer Impacto	Noticiero Univ.		
SPORTS	ESPN	SportsCenter (Live) [CC]		Beisbol -- The Latin Game (N)		Monster Shark Tournament		2006 World Series of Poker (Taped)		2006 World Series of Poker (Taped)		SportsCenter (Live) [CC]			
	ESPN2	2006 World Series of Poker [CC]		Interruption	Golf People vs. The Pros. From Pinehurst, N.C. (Taped) [CC]			Streetball [CC]		Streetball [CC]	Streetball [CC]	Quite Frankly With Stephen A. Smith			
	CSN	Totally Football	SportsNite [CC]	College Football Maryland at Virginia.						SportsNite (Live) [CC]		ACC All-Access	Final Score		
NEWS	CNN	Lou Dobbs Tonight [CC]		The Situation Room		Paula Zahn Now [CC]		Larry King Live [CC]		Anderson Cooper 360 [CC]					
	FNC	Special Report (Live) [CC]		The Fox Report With Shepard Smith		The O'Reilly Factor (Live) [CC]		Hannity & Colmes (Live) [CC]		On the Record-Van Susteren		The O'Reilly Factor			
	MSNBC	Tucker		Hardball [CC]		Countdown With Keith Olbermann		Scarborough Country		MSNBC Documentary		MSNBC Documentary			
MOVIES	AMC	(5:30) *** "Basic Instinct" (1992, Suspense) Michael Douglas. 'R'					*** "The In-Laws" (2003, Comedy) Michael Douglas. 'PG-13' [CC]			*** "Blues Brothers 2000" (1998, Musical Comedy) Dan Aykroyd. 'PG-13'					
	TCM	*** "From Here to Eternity" (1953, Drama) Burt Lancaster. 'NR' [CC]					*** "Annie Get Your Gun" (1950, Musical) Betty Hutton. 'NR'			Private Screenings "Betty Hutton"		*** "The Perils of Pauline" (1947)			
	HBO	(4:00) The Island	** "The Man" (2005) Samuel L. Jackson. 'PG-13' [CC]			Sopranos Game	*** "North Country" (2005, Drama) Charlize Theron. 'O' 'R' [CC]			Fur: Imaginary	Def Comedy Jam	The Wire [CC]			
	MAX	(:10) *** "Next of Kin" (1989, Drama) Patrick Swayze. 'O' 'R' [CC]				*** "Delta Force II: The Colombian Connection" (1990) Chuck Norris. 'R'			*** "Jarhead" (2005, War) Jake Gyllenhaal, Peter Sarsgaard. 'O' 'R' [CC]						
	SHOW	Manchurian Cn	(:35) *** "Coach Carter" (2005, Drama) Samuel L. Jackson, Rob Brown. iTV. [O] 'PG-13' [CC]				Dexter Dexter's girlfriend has a visitor.		Masters of Horror (iTV) [O] [CC]		Weeds (iTV) [O]	White Boyz			
	TMC	(5:05) New Suit 'R'	(:40) *** "A Jersey Tale" (2003) Rafael Sardina. 'R'			(:15) *** "Genesis" (2004, Documentary) 'G' [CC]		(:45) *** "Ong-Bak: The Thai Warrior" (2003, Action) Tony Jaa. 'R'				Eye of the Tiger			
	STARZ!	(5:10) ** "Herbie: Fully Loaded"	(:10) *** "A Lot Like Love" (2005) Ashton Kutcher. 'O' 'PG-13' [CC]				** "Deuce Bigalow: European Gigolo" (2005) 'O' 'R' [CC]		** "Proof" (2005) Gwyneth Paltrow. [O] 'PG-13' [CC]						
ENCORE	(:15) *** "The Pacifier" (2005, Comedy) Vin Diesel, Faith Ford. 'O' 'PG' [CC]				*** "The Notebook" (2004, Romance) Ryan Gosling, 'O' 'PG-13' [CC]		(:05) *** "A Life Less Ordinary" (1997) Ewan McGregor. 'O' 'R' [CC]								

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**IF YOU ARE 18 TO 70 YEARS OLD,
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HOW: 1 screening session, 1 pre-admission session, a 5-day inpatient stay and 3 outpatient visits.

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Reference CFB-FSR. EOE.

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Qualified candidates submit your resume online at www.house.gov (See vacancy announcement #HSS-025-06). FLSA Non-Exempt/Employment-At-Will, background and criminal history records check required.

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Sky Watchers

Web site predicts the best times to catch the aurora borealis

A Web site is taking some of the guesswork out of when to make a thermos of hot coffee, throw on a scarf and venture out into the cold night to take in the northern lights — even if you're far away from the aurora epicenter in Alaska.

The Geophysical Institute at the University of Alaska Fairbanks has revamped its Web site, <http://www.gedds.alaska.edu/AuroraForecast>, for aurora borealis watchers. The improved site offers interactive world maps and three forecasts: daily, extended and long-term.

It's not difficult to see the northern lights in Alaska's second largest city — Fairbanks averages about 243 nights a year of auroral activity. Only 360 miles to the south, Anchorage gets about 30 good nights a year.

But the Web site also could be a valuable tool for those in the lower 48 states, where sightings are far less frequent but do occur.

New York and Chicago get

“If it says ‘quiet’ and it’s 3 o’clock in the morning, go to bed.”

CHARLES DEEHR
UNIVERSITY OF ALASKA FAIRBANKS

about 10 nights of aurora activity a year, Seattle between five and 10 nights, and New Orleans and San Francisco about one glimpse of the aurora each year.

The trick is going out when there is going to be a really good light show — on the horizon in the lower 48 states, or, if in Alaska, the kind of display in which green and red lights arc, swirl and dance overhead in awe-inspiring displays.

That's where the institute's revamped Web site comes in.

The site was popular even before getting a new look in August, receiving about 20,000 hits a month during the fall and winter aurora-viewing season. Charles Deehr, the institute's professor emeritus of physics, expects the Web site to draw even more interest now.

That's because the site is interactive, providing users from around the world with five different maps to choose from: Alaska, North



LIGHTS OUT: The aurora borealis lights up the sky over Fairbanks, Alaska. A Web site predicts when the lights will be visible.

Northern Exposure

America, Europe, North Polar and South Polar.

The maps show a swath of green where the aurora borealis is active. In bold, black letters in boxes of different colors signifying auroral activity are the one-hour forecasts: green for quiet, yellow for medium and red for active.

The one-hour and 28-day forecasts are done automatically. The

three- to five-day forecast is more complicated, requiring hands-on forecasting.

“We make one for each day where we take everything into account that we can take into account,” said Deehr. “You can sit inside and watch the one-hour forecast and know what it is going to be like. If it says ‘quiet’ and it is 3 o’clock in the morning, go to bed.”

The best time normally for watching the aurora is between 10 p.m. and 2 a.m.

About 11,000 users have signed up for the Web site's Aurora Alert service. The site also offers a forum to talk back and forth or ask questions of the scientists.

The Lower 48 calls usually come after people have seen the northern lights on the horizon. The international calls flood in as people plan vacations to Alaska and want to know the forecast for aurora activity during their visit.

“They want to predict three months in the future, but they understand they have a better chance of seeing it here than where they are,” said Kathy Bertram, the education outreach director. **MARY PEMBERTON (AP)**

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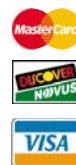
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Like specialty coffee, hardware supplies, exercise and oil changes, massage therapy has gone mass market — perhaps no surprise for an industry that treats nearly 50 million Americans each year and generates revenues of at least \$6 billion annually.

John Leonesio started Massage Envy four years ago in a Scottsdale, Ariz., shopping center after decades as a health club owner and manager in the Midwest. The chain now has 120 locations in 20 states, with another 243 franchises in the works.

“The big vision is to make massage more convenient and accessible in society.”

SAM KELLER
ZUBIO CEO

For \$49 a month, Massage Envy members are entitled to one 60-minute massage session. Additional massages are just \$39, a sharp discount on the industry standard of \$60 to \$80 per hour.

There are few pretensions, and fewer frills, at Massage Envy. Most can be found in high-traffic strip malls, locations designed to attract both walk-in customers and first-timers, many of whom are men. The clinics operate seven days a week and remain open until 10 p.m. on weekdays.

“People are no longer looking at it as a luxury,” said Leonesio, the company’s chief executive officer. “We saw a chance to create a brand.”



Massage therapist Christine Dunne gives a massage at a shopping mall in Missouri.

For working mother Liz Hanlon, 44, the chain’s extensive weekend hours offer an opportunity for temporary relief from an otherwise hectic existence.

Unlike the spas she frequented while living in Pensacola, Fla., Massage Envy and its therapists focus on her aches and pains, said Hanlon, a recent transplant to Missouri. “It seems a lot more professional here,” said Hanlon. “I go for therapeutic massage, not to relax.”

Massage Envy is not the only player in the market.

In Texas, a regional company called Massage Heights has opened 16 locations in San Antonio and Austin, with plans to franchise nationally. A Southern California company, Well Kneaded Massage Inc., operates a nationwide massage therapy referral service.

And in San Francisco, the man credited with popularizing chair massage has teamed up with a former World Bank development officer to create Zubio, a company that plans to install massage kiosks in airports, malls, medical centers and university campuses nationwide.

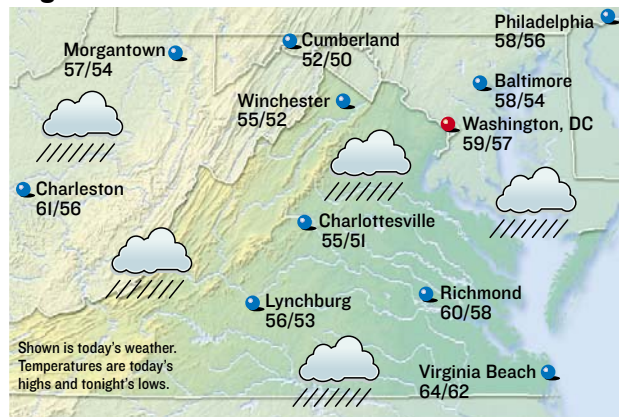
“It’s almost like ordering a latte at Starbucks. It’s very consistent,” said Sam Keller, the company’s chief executive officer. “The big vision is to make massage more convenient and accessible in society.”

ALAN SCHER ZAGIER (AP)

5 Day Forecast for the Washington Area

Today	Tonight	Wednesday	Thursday	Friday	Saturday
59°	57°	73° / 61°	77° / 57°	64° / 50°	64° / 49°

Regional Weather



Forecasts and graphics provided by AccuWeather, Inc. ©2006

Almanac

Washington, D.C., through 4 p.m. Mon.

Temperature

High	63°
Low	41°
Normal high	68°
Normal low	49°
Average humidity	60%

Precipitation

24 hours ending 4 p.m.	0.00"
Month to date	2.48"
Normal month to date	1.72"
Year to date	38.47"
Last year to date	37.31"
Normal year to date	31.77"

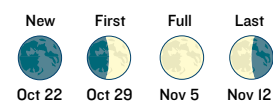
For up-to-the-minute weather, see:
washingtonpost.com/weather

Regional Forecast

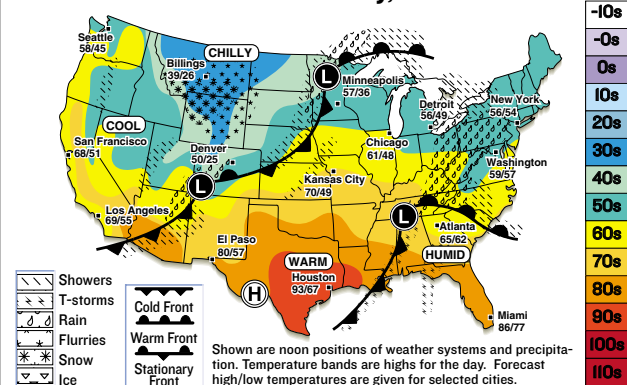
D.C. Metro: Today, cloudy, cooler, occasional rain. High 59. Wind southeast 8-16 mph. Tonight, partly cloudy. Low 57.

Sun and Moon

Sunrise today	7:19 a.m.
Sunset tonight	6:27 p.m.
Moonrise today	2:54 a.m.
Moonset today	4:34 p.m.



National Weather for Tuesday, October 17



National Cities

City	Today	Wed.
Atlanta	65/62/t	82/63/w
Boston	57/50/c	60/54/r
Chicago	61/48/pc	63/45/pc
Dallas	85/64/pc	78/54/pc
Denver	50/25/pc	43/29/sn
Honolulu	86/71/sh	85/72/pc
Los Angeles	69/55/pc	78/56/s
Miami	86/77/pc	89/76/r
New York City	56/54/r	68/58/r
Orlando	87/73/pc	90/72/pc
Seattle	58/45/pc	54/48/pc

World Cities

City	Today	Wed.
Amsterdam	64/52/pc	64/54/c
Athens	66/56/r	68/59/s
Berlin	62/40/pc	63/43/pc
Buenos Aires	73/54/s	73/54/s
Calgary	39/31/sf	46/29/pc
Dublin	61/52/r	61/54/c
Geneva	66/52/pc	67/47/c
Moscow	42/28/pc	43/30/r
Rome	75/54/s	73/54/pc
Sydney	68/60/sh	76/67/pc
Tokyo	74/59/pc	69/55/pc

s-sunny, pc-partly cloudy, c-cloudy, sh-showers, t-thunderstorms, r-rain, sf-snow flurries, sn-snow, i-ice.

Styles

LOOK
out

Breathable Beauty

Products that give your skin the Big O

We all know that fresh air is good for the skin. Which means that city smog, smoking and any other impurities in the air will have our skin in the doldrums in no time.

While many might prefer to move to the Swiss Alps for their skin's sake, that's not always an option, so we must find other ways to deliver pure oxygen to our face, sans a lifestyle change.

For years, aestheticians have known the benefits of oxygen and have developed ways to work it into facials and products that you can use at home.

Ling Chan is one of the first aestheticians to bottle the benefits of oxygen. First, she developed her own oxygen-infused products and then used them in combination with an ultrasound machine to create her Oxygen Plasma Facial, a coveted treatment she offers to star clients like Gisele Bündchen, Alicia Keys, Marissa Tomei and Meg Ryan.

"Oxygen is beneficial in a facial because it can instantly rejuvenate the skin," Ling said. "The oxygen is delivered through oxygen-carrying molecules formulated in Ling Skin Care's Oxygen Plasma Potion. This product works to eliminate acne bacteria upon contact, as well as increase circulation. Basically, increased oxygen levels result in better circulation and cellular respiration, which, in turn, leaves the skin glowing and radiant due to rapid skin cell regeneration.

Ling also offers an Oxygen 3% Face Cream to treat acne spots and hyperpigmentation. According to Ling, the Chinese military used an oxygen-based formula, similar to her Oxygen Plasma Potion and her Oxygen 3% Face Cream, to treat burns by lowering the skin's temperature and relieving irritation and



(1) Like liquid air, the Ling Chan Oxygen Plasma Potion is hardcore skin-care (\$85, lingskincare.com)

(2) Firm up with the Peter Thomas Roth Oxygen Detoxifying Masque (\$54, peterthomasroth.com)

(3) The power of three is present in the Ling Chan Oxygen 3% face cream (\$75) (4) Eye spy beauty with the Peter Thomas Roth Oxygen Eye Relief (\$52)

Oxygen is a purifier ... it immediately brightens the complexion, adds radiance and takes away dullness."

PETER THOMAS ROTH
PETER THOMAS ROTH SKIN CARE

infection. The concentrated oxygen helps to kill unfavorable bacteria that can cause infection — for us civilians, this means acne.

Tiffany Albert, founder of Manhattan's Fusion Spa, believes in the power of oxygen.

"The Oxygen-Infused Facial increases cell metabolism and the

production of healthy new cells while permeating toxic material out of the skin's cells," she said.

The result from one of Albert's facials is plumped up, clearer, healthier skin that is better able to heal itself of inflammation and hyperpigmentation from acne, dull-looking smoker's skin and calming post-op or freshly chemically peeled skin.

"Oxygen is also great for healing bruising, diminishing fine lines and rosacea, which can accompany frequent flying — since capillaries are compromised," Albert said.

Peter Thomas Roth, founder of the Peter Thomas Roth Clinical Skin Care Company, also has an array of oxygen-based products. Why does he use oxygen in his range? "Oxygen is a purifier," he said. "It immediate-

ly brightens the complexion, adds radiance and takes away dullness. It also promotes skin's absorption of skin treatment products for maximum efficiency and better results."

If you opt for an oxygen-infused facial, Albert recommends getting one every four to eight weeks, depending on the severity of your skin condition. But above all, she says, you have to have a proper treatment plan to continue on your own: a regimen that includes exfoliation, antioxidant serums and an SPF to keep your skin from being further damaged by the sun.

So take a deep breath and add a new step to your beauty routine: slather a little oxygen on your skin and watch yourself glow.

ERIN SKRYPEK (FASHION WIRE DAILY)

Hair



Cashmere Where?

The most disappointing aspect of REGIS DESIGNLINE CASHMERE KERATOFORTE hair care products (\$12.50-\$22, see regissalons.com for stores) is that cashmere is not an ingredient. They contain "restorative proteins naturally found in cashmere," but you can't dry them out and knit an over-priced twin set. The shampoo and conditioner (both deep and everyday versions) work fine, and indeed produce silky-soft hair. The Fortifying Sealant, however, was greasy and made our hair look dirty. HOLLY J. MORRIS (EXPRESS)

Beauty

Unmagic Wand

Sic transit gloria. Sarah Jessica Parker's LOVELY LIQUID SATIN fragrance wand (\$30, Nordstrom) looks perfectly elegant and applies perfume easily and evenly. The scent is pretty, though hardly distinctive, and smells vaguely floral and sweet, with hints of lavender and apple. Here's the catch: The fragrance disappears moments after application. Luckily, it's small enough to carry in a purse, but who wants to reapply perfume all night? FIONA ZUBLIN (EXPRESS)



 from readexpress.com

An Oasis, With Crime Nearby

CRIME | On Friday, The Washington Post ran a lengthy analysis piece detailing how the majority of District robberies are concentrated in some of the city's more vibrant neighborhoods located to the north of downtown. **WASHINGTONCANARD.BLOGSPOT.COM** examined The Post's well-researched map of the robbery action and discovered that he lives in a crime-free oasis near Cardozo High School, surrounded by gun-related holdups to the immediate south, west and east.

Writes the blogger: "So if I can somehow manage to get to work without walking any further than the front door of my building, then I'll be completely safe."

According to The Post's data, the

highest concentration of robberies appears to be centered at the corner of 14th Street Northwest and Columbia Road. **MICHAEL GRASS (EXPRESS)**

Asia Trail to Debut

NATIONAL ZOO | Now that it's October, the bulk of the tourist traffic that swarms such hot spots as the National Zoo during the summer has tapered off, so it's safe for locals to come out of hiding and wander through the zoo without dodging hordes of strollers and flashing cameras. And now that the zoo's new Asia Trail is complete, there's a lot more to see.

The trail begins near the zoo's Connecticut Avenue entrance and connects to the heavily visited



ANDREA BRUCET/WP

ON THE HUNT: Fishing cats are part of the National Zoo's new Asia Trail.

Olmsted Walk via the now-expanded Fujifilm Giant Panda Habitat. Among the animals it houses are sloth bears, fishing cats, red pandas, Japanese giant salamanders, clouded leopards, Asian small-clawed otters and, of course, the

giant pandas.

One of the new trail's best attributes is how it ties together the Olmsted Walk with some of the zoo's more hidden exhibits, including the Bird House, which is now linked directly, via a bridge, to the upper level of the panda habitat. Part of the trail sits atop a structure some might say resembles the Great Wall of China, which gives zoo-goers a spot from which to gawk at Tai Shan, the zoo's baby panda. Additionally, the walkway allows for scenic views of the Elephant House and its adjacent yard, which is also set to be expanded.

The Asia Trail is expected to officially open to the public Tuesday. **M.G.**

→ Coming Up Today

On Metrorail, door crowding might be a big problem, but most people are courteous when entering and exiting trains. Express' Michael Grass offers up a theory on why commuters might be subconsciously forced to be kind.

? Poll Center

TODAY'S QUESTION

Should the next mayor take over D.C.'s public schools?

1. Yes
2. No

YESTERDAY'S RESULTS

Who will win the race for U.S. Senate in Virginia?

J. Webb

G. Allen



As of 6 p.m. Monday. Not a scientific poll.

GIVE YOUR OPINION ON TODAY'S POLL QUESTION AND GET A STATION-BY-STATION BREAKDOWN OF HOW YOUR FELLOW METRO RAIL COMMUTERS VOTED AT **READEXPRESS.COM/POLLCENTER.PHP**



"A Gallaudet president who has a limited time in office would surely have incentive to do a better job than a 'president for life' ..."

TOM WILLARD, EDITOR OF DEAFWEEKLY MAGAZINE, WRITING ON **DEAFDC.COM/BLOG**, IS PROPOSING TERM LIMITS FOR THE GALLAUDET UNIVERSITY PRESIDENCY.

Phantom Trains

The Metro sign in the tunnel said the Shady Grove train would arrive in 11 minutes. ... My train arrived 24 minutes later. ... [A]t the seven-minute mark, the closest train going toward Shady Grove disappeared off the board. It was a phantom train. Sort of like the Polar Express, but without the holiday magic."

WHYIHATEDC.BLOGSPOT.COM, DESCRIBES THE PAIN OF LATE-NIGHT METRO RIDING.

Slipping It In

"... Acts like these only serve to further drive home the point that Congress respects votes a hell of a lot more than they respect the voters."

DCMRANTHROPE.BLOGSPOT.COM REACTS TO A BAN ON MOST ONLINE GAMBLING BEING TUCKED INTO A PORT SECURITY BILL.



MICHEL DUCILLE/WP

Britney's Coming Back?

"She chose an updated preppy argyle look. It's great to see she got dressed for the shopping occasion knowing she would be followed. ... Someone is working overtime to make a comeback and we are so watching her every move!"

POPSUGAR.COM ON BRITNEY SPEARS' NEW AND IMPROVED PUBLIC IMAGE, AFTER MONTHS OF BEING PHOTOGRAPHED LOOKING LESS THAN APPEALING.

Fenty in New York City

"I hope [Adrian] Fenty plans on meeting at least once with [Rudy] Giuliani while he's up [in New York]. As a selfish, childless D.C. resident, I'm far more concerned with crime. Actually, D.C. crime more resembles NYC in the '70s."

A **DCIST.COM** COMMENTER TALKS ABOUT ADRIAN FENTY, WHO IS LIKELY TO BE ELECTED D.C. MAYOR NEXT MONTH, MEETING WITH NEW YORK CITY MAYOR MICHAEL BLOOMBERG ON SCHOOL REFORM.



Live Online

Hip-Hop Drop

Washington Post staff writer **LONNAE O'NEAL PARKER** was online Monday at washingtonpost.com to discuss her article on why she can no longer partake in today's hip-hop offerings.

The portrayals of young black men and women in rap music is horrifying. Nevertheless, these are the images that our young black men and women are seeing and trying to emulate. Why aren't more parents as concerned about what their children watch and listen to on television? Secondly, why aren't they engaging their children in meaningful dialogue on this subject matter to inform and educate them that this behavior is not acceptable?

Yes, many of the images are deeply disturbing. I'm not sure I agree that parents aren't concerned. Every parent I talk to voices the same concern about the music and, of course, the broader culture as well. Black kids are vulnerable to these messages and images and many have a hard time distinguishing between the

hyperbole and reality, but white kids are also subject to violent, stupid imagery.

Why do you think the kids are so attracted to what appears, at least at face value, to be so ugly and self-defeating?

Because it's got dope beats and tight rhymes. Isolate the lyrics from the rhythm and they are horrific, but that's not how we listen to rap. The production is often so compelling, it obscures the message.

People's first instinct when they don't like a song's message is to attack the media without ever taking their protests to the person who made the video and song in the first place. Is there an effective way to protest against artists who make degrading/violent music?

The most effective protest I know of happened a few years ago when Nelly canceled an appearance at Spellman College in Atlanta. He'd been invited to perform but women began protesting the images and lyrics to his song "Tip Drill" and he ended up canceling. That, to me, seemed a powerful example of local organizing and action.



NETWORK YOUR HIP-HOP. MySpace built up its membership by relying on a base of publicity-hungry indie bands that primarily jam out in their parents' basements; you won't find too many up-and-coming rappers on there. That's why there's CrackSpace.com. Cool idea ... but what were they thinking with that name?



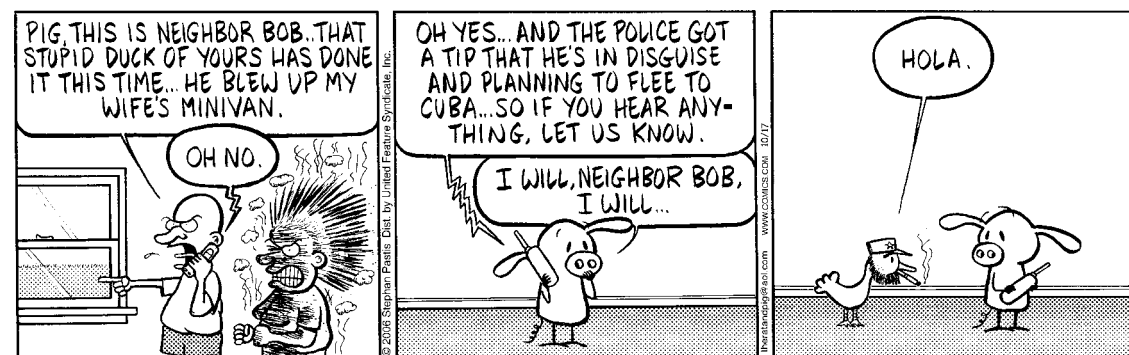
TODAY ON LIVE ONLINE: Washington Post staff writer Paul Farhi discusses the best and worst of pop culture at 1 p.m. | washingtonpost.com/liveonline

Bizarro | Dan Piraro

Cornered | Mike Baldwin


"It guessed your PIN number and cleaned out your bank account. Your move."

Pooch Cafe | Paul Gilligan

Pearls Before Swine | Stephan Pastis

The Duplex | Glenn McCoy


Horoscope

By Stella Wilder

LIBRA (Sept. 23-Oct. 22) A high-energy approach will serve you well. You're not going to want to let down until you've accomplished every one of your goals.

SCORPIO (Oct. 23-Nov. 21) Contact with friends and family may be more difficult to arrange than usual—and for that reason it may be all the more important.

SAGITTARIUS (Nov. 22-Dec. 21) Focus on the trouble spots. You will be surprised at how quickly you can transform a bad situation into one that is surprisingly good.

CAPRICORN (Dec. 22-Jan. 19) There's no reason for you to rush through your day. Take the time to assess all situations as they arise and to do what is required of you.

AQUARIUS (Jan. 20-Feb. 18) The temptation will be to say yes to everything—but that way danger lies. Take the time to choose what is really best for you.

PISCES (Feb. 19-March 20) There's no reason for you to abandon that dream—

especially when your potential is on the rise and the stars favor risk takers.

ARIES (March 21-April 19) As always, put your best foot forward. The rewards for doing your best at this time are likely to surprise you—and keep you motivated.

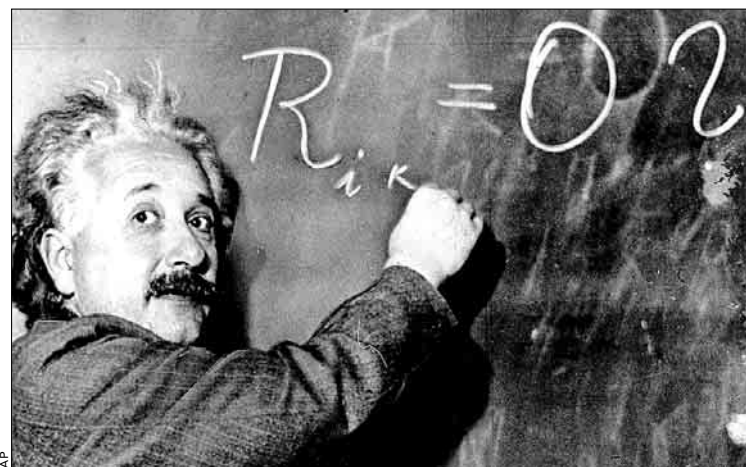
TAURUS (April 20-May 20) You should be able to come up with a creative solution to a problem that has plagued you, and people very much like you, for quite some time.

GEMINI (May 21-June 20) This is a good day to put your money where your mouth is. You don't want to develop a reputation for being all talk and no action.

CANCER (June 21-July 22) You should be able to recover quickly from any setback resulting from a lack of current information. Be creative with the info you have.

LEO (July 23-Aug. 22) You can get more for your money, but you're going to have to look closely at the small print before signing your name to any contracts.

VIRGO (Aug. 23-Sept. 22) Your enthusiasm may be dampened for a time by someone who claims to know more than you. The truth is, you really are the expert.



Albert Einstein arrived in the United States from Nazi Germany today in 1933.

Today in History

1777 British forces under Gen. John Burgoyne surrender to American troops in Saratoga, N.Y., in what is a turning point of the Revolutionary War.

1931 Chicago mobster Al Capone is convicted of tax evasion. Sentenced to 11 years in prison, Capone is released in 1939.

1933 Scientist/inventor Albert Einstein arrives in the United States as a refugee from Nazi Germany.

1945 Col. Juan Peron, the future president of Argentina, is released from prison after protests by trade unions, ending a crisis that began with his forced resignation from his government post.

1979 Mother Teresa of India is awarded the Nobel Peace Prize.

1989 A magnitude 7.1 earthquake strikes northern California, killing 67 people and causing \$7 billion in damages.

2005 A two-man Chinese space crew lands after five days in orbit.



DAVE HOGAN/GETTY IMAGES

It takes a large staff to raise a child.

CHALLENGES

Crack Team of Pros in Place To Care for 1-Year-Old Boy

A 1-year-old boy whom **MADONNA** and her husband are seeking to adopt left for England on Monday. The boy, David Banda, was accompanied by two Britons and two Americans, one of whom listed her occupation as nanny. (AP)

RATIONALE

Police Irresistibly Drawn To Anna Nicole Smith Home



Police investigating the death of **ANNA NICOLE SMITH**'s son have made several visits to her home in the Bahamas, an officer said Monday. Police have said they do not suspect foul play in the death of Daniel Smith. (AP)



MATT SAYLES/AP

LOW-LEVEL HONORS

Stars Die Harder

BRUCE WILLIS scored himself a star on the Hollywood Walk of Fame Monday, with Demi Moore, Ashton Kutcher and the Moore-Wills brood in attendance. Other buds on hand included Jeffrey Katzenberg, Billy Bob Thornton and Sylvester Stallone. (AP)

RUMORS

Young Hollywood Prostrates Itself at Lohan Altar

In other Bruce Willis news, paparazzi photo service X17 reported that Rumer Willis, 18, has become **LINDSAY LOHAN**'s personal assistant. Willis was reportedly



"Rumer just looks up to me, and I exploit her."

seen carrying Lohan's shopping bags and fetching her tea during a day on the town. US Weekly, thankfully, has put this rumor to rest: They're just friends, according to "sources." (EXPRESS)



RICHARD DREW/AP

STOP PRESSES

Holy Cow! Musician Votes Against Stereotype

Country music might seem like a pretty conservative medium, but **TIM MCGRAW** is bucking the trend. "It's innate in me to be a Democrat — a true Southern populist kind of Democrat. There's not a lot of those anymore," McGraw tells Time magazine in its Oct. 23 issue. (AP)

SCREW THE MAN

Director Determined to Make No Money Next Time

MARTIN SCORSESE plans to do a low-budget adaption of a Japanese novel about missionaries as his next project, Reuters reported. The "Depart-



ed" director told reporters in Rome that "when there are very big budgets, there is less risk that can be taken." (EXPRESS)

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Wednesday, October 25th

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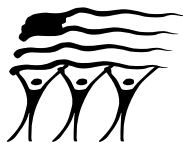
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LOOK out

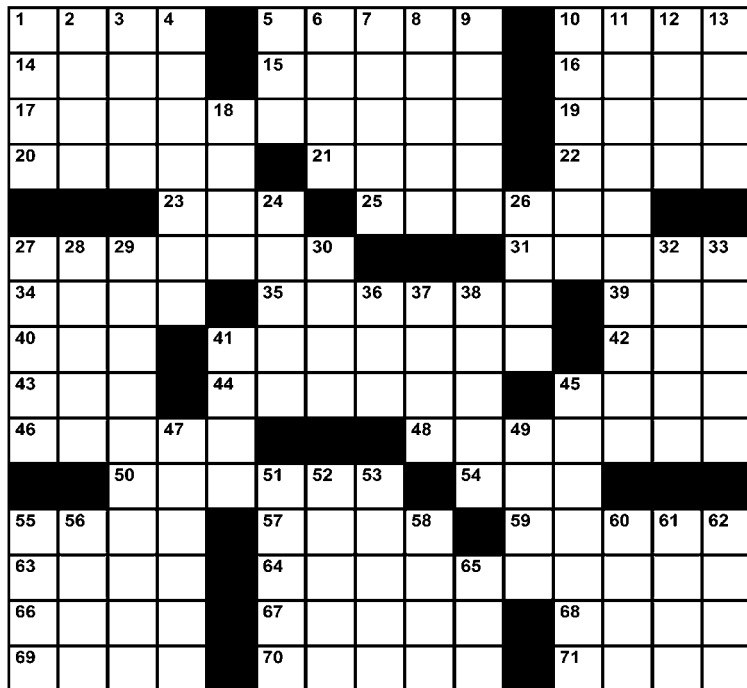
Butt of Course

ACROSS

- 1 Drops off
5 With bills due
10 Theater award given by The Village Voice
14 Independent
15 Scientific breakthrough of the '30s
16 McEntire of country
17 "Funny Girl" personality
19 You-owe-me statement
20 Stiff hairs or bristles
21 Extra
22 Audience insult
23 RNs dispense it
25 Spare target, perhaps
27 "Shake!" offering
31 Milk holder
34 Burden
35 "In" talk
39 Sis's sib
40 Zodiac beast
41 "Mind your own business!"
42 Harvester, e.g.
43 Pointer
44 Topple
45 Riot anagram
46 Fielder's flub
48 "Sister Carrie" author
50 Annie, for one
54 Summer D.C. clock setting
- 55 Panache
57 Redding of soul
59 Hole-making tool
63 Acoma Pueblo site
64 Business concern
66 Actor Dillon
67 He moved from L.A. to Miami
68 Hollywood's Alan
69 Altar locale
70 Suit fabric
71 Scratchy sound

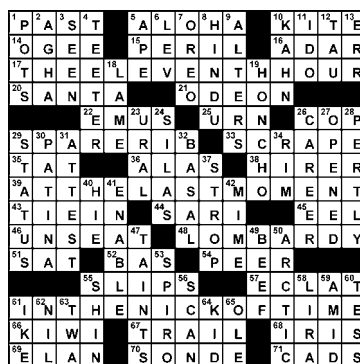
DOWN

- 1 Two of fifty?
2 It's bonny to Burns
3 Proclivity
4 Roman supreme councils
5 Celestial sight
6 Close!
7 Lambrain
8 Mother-of-pearl
9 Color of inexperience?
10 Corsage choice
11 Incarcerated, e.g.
12 Hieroglyphic symbol
13 Puts away
18 Sharp cry
24 French dialect
26 Fourth-down play, often



EDITED BY TIMOTHY E. PARKER

Yesterday's Solution



Su|do|ku

Degree of Difficulty: MEDIUM

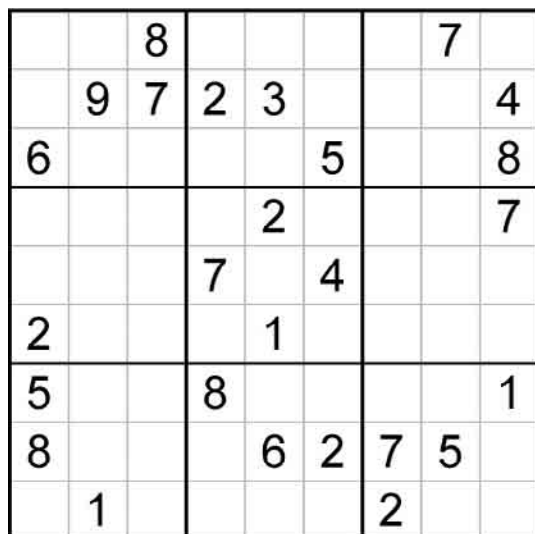
Fill in the boxes so each row, column and 3-by-3 square includes the digits 1 through 9. For solution, tips and computer program, see www.sudoku.com

Yesterday's Solution



Need more Su|do|ku?

Find another Sudoku puzzle in the Comics section of the Post every Sunday and in the Style section every Monday through Saturday.



© PUZZLES BY PAPPOCOM

A New Diet Approach to Diabetes

Neal Barnard, M.D., and Chef Robyn Webb

A free lecture and cooking demonstration on tackling diabetes with good nutrition.

AFI Theater, Silver Spring • October 26, 2006 • 7-9 p.m.

Metro accessible and free parking available.

The event is free, but you must have a reservation.

For details and to reserve your seat:

http://support.pcrm.org/diabetes_event
or call (202) 686-2210 extension 337.

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Does Your Child Have Allergies?

Physicians at the National Institute of Allergy and Infectious Diseases are conducting a research study to learn more about allergies.

This study evaluates children with allergies, to gain information that may be useful in developing new treatments.

Standard care for allergic diseases will be provided at no cost to the patient.

Who may participate:

- Children 6 months to 18 years of age.
- Children who have a diagnosis of asthma or allergies (rhinitis, food, drug, bee venom, hives, or atopic dermatitis).

What is involved:

- Complete history and physical exam.
- Allergy skin testing and pulmonary lung function test.
- No experimental therapy will be provided.
- A physician referral is required.
- After the initial visit, follow up visits will range from every month to every 3 to 6 months.

CALL 1-800-411-1222
(TTY: 1-866-411-1010)

<http://clinicaltrials.gov>
Se habla español

Department of Health and Human Services
National Institutes of Health
NIH Clinical Center
Bethesda, Maryland

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PHYS ED

Prince of Power



One of the leading men of “Disney on Ice” dishes on his workout and diet secrets | **E6**

PHYS ED

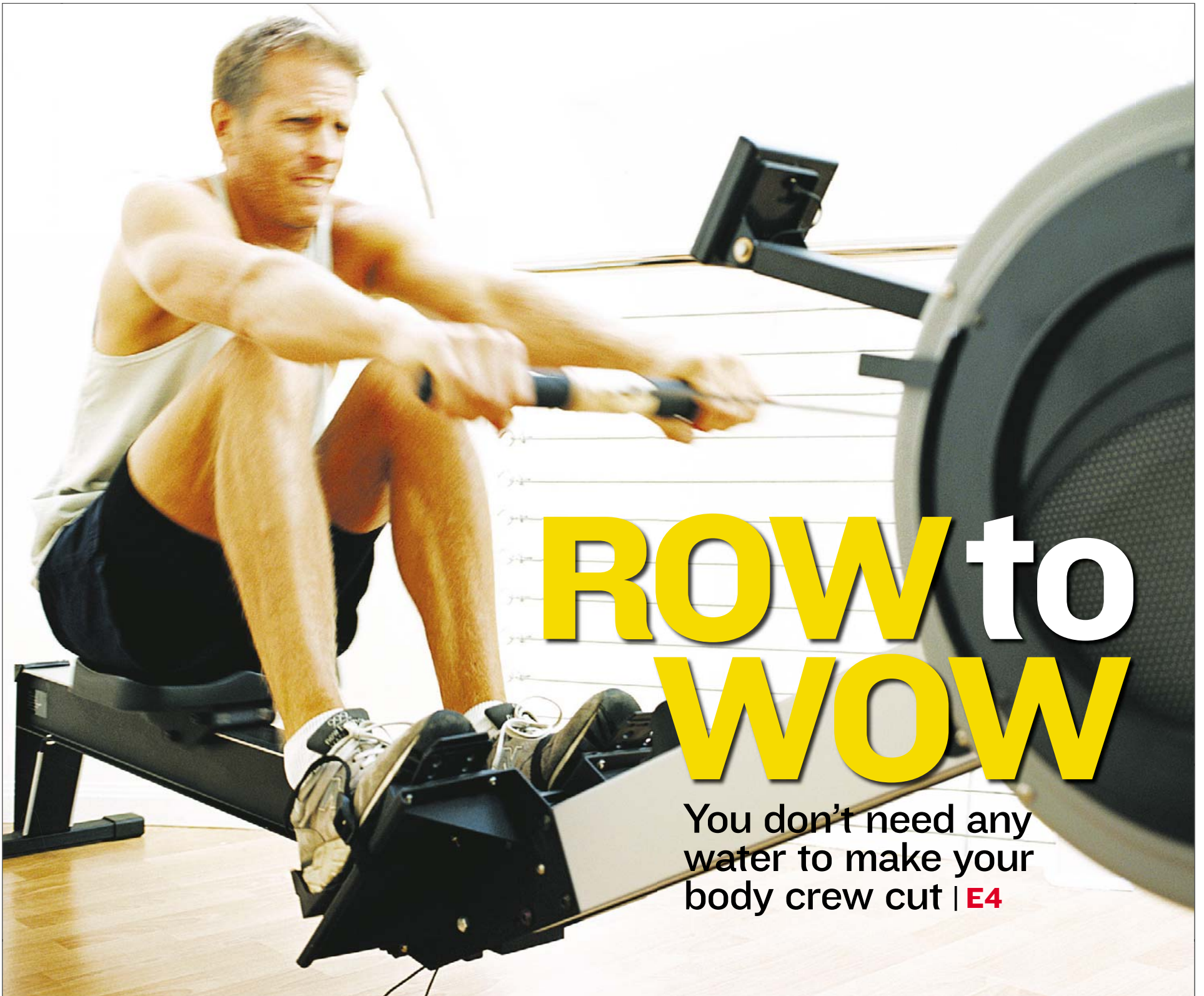
Foot Blocker



Yoga footwear solutions to help you avoid gross studio floors | **E6**

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You don't need any water to make your body crew cut | **E4**

BaggageCheck

GOT ISSUES? DR. ANDREA BONIOR WILL HELP YOU SORT THEM OUT



Lessons in French, and Communication

Q I caught my fiancé on the computer writing an e-mail to another woman; he was about to give her his number. I got angry, but he said it was innocent because the woman wanted to learn French and she was a person he met online before he knew me. I said it's called cheating because we're in a committed relationship. —NO NAME, PLEASE

Um — exactly what kind of French did this woman want to learn?

I'm not sure where to begin here, because, like a person watching a Rob Schneider movie, I have many questions swirling around in my head. Are you worried he's lying? Are you certain he's telling the truth but worried his "lessons" with this woman could develop into something further? Are you morally opposed to your fiancé spending time with someone while conjugating words like *zezayer*?



ERIC REECE

Actually, we need to take a step even farther back. He met her online before he knew you — is she an ex? Has he been communicating with her secretly all this time? Even if not, would he have told you about this burgeoning friendship had you not "caught" him in the act of furthering it?

It's doubtful you two are on the same page, or even in the same library, here. Opposite-sex relationships, private e-mails, contact with exes, secrecy about social activities — these premarital issues need to be ironed out even more than the "toilet seat up or down" conundrum. And if all this is moot because you

think he's lying and has more in mind than French lessons, then I'm afraid the situation is even more dire.

Before you even *think* of booking a mariachi band, ask the tough questions. This could be a blip on the screen, or this could be a huge, blaring warning sign of a dishonest man. What's perhaps most concerning of all, though, is that you don't seem to know him well enough to define the problem.

Q I went out last week in a large group to celebrate a friend's co-worker's promotion. One of the guys, whom I'd met maybe once before, proceeded to get drunk and make offensive comments about various minority groups. I contradicted him and ended the conversation, but didn't turn it into a major scene. This morning I got an e-mail from my friend about an outing to celebrate this man's birthday. How should I handle this, given that I don't have any intention of seeing this guy again socially, let alone celebrating anything having to do with him?

— ARLINGTON QUANDARY

Hey, I was wondering what Mel Gibson was up to these days!

This is one of those all-too-rare situations when the "right thing to do" is pretty much up to the person doing the deciding. It would be

It's doubtful you two are on the same page, or even in the same library, here.

totally reasonable for you to express to your friend why you won't be donning a party hat; it would also be reasonable for you to say nothing, and simply keep declining for as long as it takes them to figure out their "friend" is a simpleton. Short of lying in wait and pelting the birthday boy with rutabagas (and if you did, could anybody blame you?), you're free to call your own shots on this one.

Send your mental health and emotional wellness questions to Andrea Bonior, Ph.D., at baggage@readexpress.com. This column is not a substitute for one-on-one care.



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The Not-Quite Science of Sleep

LET'S AVOID THE QUESTION of whether Airborne effervescent supplements work — they have fierce consumer loyalty, but evidence that echinacea and vitamin C prevent or shorten colds is spotty at best. The new Airborne Nighttime (\$7, drugstores) formulation is tasty for sure, bubbling up into an accurate simulacrum of apple cider. But the addition of valerian, chamomile and passionflower didn't help this tester doze off any quicker.

NEW
IN HEALTH
**warm
ups**

Yoga Whenever and Wherever

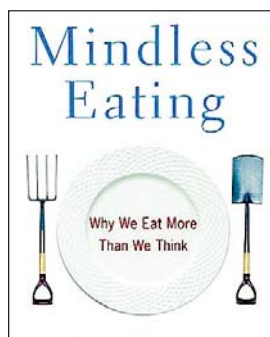
LUGGING A MAT everywhere clearly isn't practical, but what if you don't know when you can squeeze in a yoga practice? Well, you could pick up Yoga on the Go Deluxe (\$20, gaiam.com). The tiny mesh bag contains a 20-minute yoga DVD focusing on lower-body poses, hosted by the serene Suzanne Deason, and a stack of pose cards (but



only a measly six, and one depicts Savasana — lying flat on your back). The goodies actually worth breathing heavily over are the gloves (not shown) and footies. Dotted with tiny rubber bumps, they make you stick to any flat surface, so you don't need a mat at all. Hotel rooms, bathrooms and offices can all become your personal yoga studio.

Attention Must Be Paid

GIVE HUMANS A BOTTOMLESS BOWL of tomato soup (an invention cooked up by author Brian Wansink's Food and Brand Lab, based at Cornell University), and they'll eat and eat and eat — some more than a quart. "Mindless Eating" (\$25, Bantam) is full of such psychological sleight of hand, because stomachs and brains are so easy to trick into wanting more. It's easy to fool them in the other direction, too — put food on smaller plates, ask for half a restaurant entree to be boxed before it even hits the table.



Soda to Slim You Down

DIET COKEHEADS are abuzz about the impending arrival of Enviga, the carbonated green-tea beverage from Coca-Cola that allegedly burns 60 to 100 calories a day. D.C. won't get a taste until 2007, but, for now, there's Celsius, a similar product that hit shelves earlier this year (\$48 per case, celsiusbev.com) and boasts a burn rate of 77 calories a day. Like Enviga, it's loaded with EGCG (a green-tea extract said to boost metabolism) and caffeine. And it comes in an array of sucralose-sweetened flavors: cola, orange, lemon-lime, wild berry and ginger ale, though the presence of ginger root makes them all taste a bit like the latter. Did it burn calories? Not sure. But it woke us up.

PRODUCTS

GuineaPig



Your Personal Laser Show

At-home spa treatments are like Easy-Bake Ovens: not much resemblance to the real thing, but still fun. Now we have Nulase, a battery-powered laser promising relief from wrinkles, age spots, scars and acne. With a cleanser, exfoliator and moisturizer, it goes for \$179 at nulase.com.

Nulase is not what dermatologists use. At 5 milliwatts, it's equivalent to the highest-powered laser pointer the FDA allows. By comparison, one brand of medical laser used on mild wrinkles is 4,000 times more powerful.

The Nulase process involves running the wand over one's face for three to 15 minutes per day, and results may not show up for two to 14 days. In a week, we didn't see much change, but a pimple seemed to disappear faster than normal. HOLLY J. MORRIS (EXPRESS)

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| THE EXPERTS

TrainReaction

Be Pectacular

Q I'm a 26-year-old male who wants my lower chest to be more defined. Should I do the decline bench press?

No — because there's no lower section of the chest that the decline bench press would train. The pectoralis major — the chest muscle you can see in the mirror — has two origin points. One's at the sternum, where the fibers arrange horizontally, and the other's at the clavicle, where the fibers arrange diagonally. The other chest muscle is the pectoralis minor, but working it won't improve the way you look shirtless, 'cause it's under the pec major.

The incline bench press will train the clavicular fibers, and a flat bench press will train the sternal fibers. The decline bench press also trains the sternal fibers, and the only difference is that you'll be able to press a heavier resistance due to shoulder angle and the fact that you're not pressing it as far from your body. And it's great for heavy eccentric training, or if you're training for a bench-press contest.

Also important for defining the chest: A clean diet and plenty of cardiovascular training. When you're in the gym, be sure to train the chest hard with plenty of sets and reps, progressively overloading your muscle.

Matthew Blair Davis, MS, CSCS, PES, is an award-winning personal trainer and president of **Functional Revolution Fitness** (functionalrevolution.com), which provides private personal training. E-mail him at matt@functionalrevolution.com.

VITALSTATS

26.1

THE PERCENTAGE OF AMERICAN ADULTS WITH DOCTOR-DIAGNOSED ARTHRITIS, ACCORDING TO THE U.S. CENTERS FOR DISEASE CONTROL.

Getting Crew Cut

Indoor rowing instruction is popularizing the erg

The rowing machine is often the outcast among its fellow gym equipment. Beside rows of bulky treadmills and lines of willowy ellipticals, there's usually just one lowly rower, alone and off in a corner.

But that's not the case at the Gold's Gym in Woodbridge, where 28 rowers (also known as ergometers or ergs) hang out on a balcony high above the other cardio machines. And they're busy, too, popular with the general public and called into action a few times a week for indoor rowing classes led by Angela Hart, head of the Indoor Rowing Training and Certification Institute.

"When I rowed in college, we never trained on rowing machines. We only used them for testing with our coaches standing on top of us. So I could never have imagined then thinking this was fun, but it is," said Hart, one of a core group of people who pioneered indoor-rowing instruction in the mid-'90s.

The spread has been slow, but steady. The D.C. area has Hart, plus classes at the Gold's Gym in Lorton. There are similar offerings in other large cities, including New York and Los Angeles. (Former Olympian Xeno Muller



Rowing rocks at the Woodbridge Gold's Gym (12550 Dillingham Sq.; 703-680-7000).

runs a rower-only gym in Costa Mesa, Calif.)

The sell is simple: Get low-impact cardio while working both your lower and upper body (not to mention abs) in a lively group setting. At a class last week, Hart got her class going with a technique-focused warm-up — pull with legs, body and arms, then reverse

the order — that allowed newbies to keep up. Then she took the class through a series of interval exercises that kept heart rates up while mimicking the experience of a race.

Marty Lindeman, 45, who completed a 100-mile ultramarathon in September, joined the class in August as a way to have an intense workout without pounding her

joints. "I get in a lot more pain than I'm willing to inflict on myself when I'm running because it's a shorter period of time," she said.

Not everyone needs to push themselves that hard, though, which is another appealing element. As with cycling classes, each person determines what his or her own resistance will be — with rowing, the harder you pull, the harder it is. But because everyone rows at the same pace regardless, no one feels left behind.

"Some people think it's going to be boring," said Jane Lam, 61, another one of Hart's students. "But she changes it up, keeps us going." Another misconception? "That it's all upper body," said Hart. "But you're able to use 70 percent of the lower body if your technique is right."

Rowing machines often suffer from being misunderstood in other ways. "When you walk into a health club, you can go on a treadmill and start running. With a rower, there's an education curve," explained Tracy Desrocher of Concept2, the company that makes most of the rowing machines in American health clubs. If you do it wrong, you can hurt your back, and the numbers on the screen can be confusing.

So even if students don't stick with classes like Hart's, the chance to get instruction can completely transform the rowing experience. Lam now always opts for rowing when doing cardio in the gym: "The treadmill — now that's boring."

VICKY HALLETT (EXPRESS)

Chance for Indian Dance

The creator of Masala Bhangra teaches free in D.C.

Dubbing herself the "Indian Jane Fonda," Sarina Jain flexed her muscle in 1999 by creating Masala Bhangra, a certified fitness routine that brings Indian dance to the aerobics studio.

"I've been in the fitness industry for 16 years, and I teach kickboxing, spinning, total-body conditioning and more, but I wanted to bring my culture to the gym," explained Jain, who's showcasing her invention in free, open-to-the-public classes this week at Washington Sports Clubs locations (mysportsclubs.com, see

end for location and time info).

The launch of her program coincided with the rising popularity of Bollywood films and hip-hop's recent obsession with bhangra beats. So although Jain described the steps as "traditional folk moves that men did in the harvest field," they're resonating with the public — and not just South Asians. Her fifth workout video was released in May and she appears regularly on FitTV.

Unlike instructors of traditional bhangra classes (like the ones offered in town by dhoonyadance.com and



Sarina Jain started in L.A. and now teaches regular classes in New York.

rhythmaya.com), Jain targets sweating rather than scene-stealing. She'll go over dance steps, but you won't stop moving to watch her carefully because you need to keep your heart rate up for the full hour.

"It focuses definitely on the arms. They're up in the air the whole time," she said. Also expect to feel it in the abs, quads and calves. She estimates her students burn 500 calories in a workout. Plus, "when you go to an Indian wedding, you'll know how to follow some of the moves."

If you can't make it to her sessions, don't fret. Jain vows to train other instructors, and have regular classes in place in 2007. V.H.

Tuesday at 9:30 a.m. at 5345 Wisconsin Ave., 12:15 p.m. at 783 7th St. NW, 7 p.m. at 3222 M St. NW. Wednesday at 9:30 a.m. at 901 Wayne Ave., Silver Spring, 1 p.m. at 1990 K St. NW.

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Battle sweaty floors at the yoga studio with new sole-ful footwear

(1) The ballet-inspired, stretch-satin **Minisock**, engineered by Parisian designer Delphine Murat, hugs the foot and ties at the ankle for a decidedly coquettish look. (\$28, Wild Women Wear Red, 1512 U St. NW; 202-387-5700) (2) **Nike's Calma Yoga Shoe** gets you to class and through class. The non-marking rubber sole won't scuff those delicate bamboo floors. (\$50, nike.com) (3) **Toe Sox** free each little piggy for improved balance and flexibility; the nonskid bottom won't let you down. (\$25 for two pairs, gaiam.com) (4) Crescent Moon's **ExerSocks** are to the yoga and Pilates set what Tod's driving mocs are to Fifth Avenue dog walkers — absolute necessities. The nonslip soles provide superior mat traction. (\$25 for a three-pack, crescentmoonyoga.com) (5) **Yoga Sandals** provide ergonomic support for all your standing poses (plus excellent toe separation for fall pedicures). Bonus: The company donates \$5 of every pink-shoe purchase to breast cancer research. (\$29, yogasandals.com) LINDA BACHRACK

STUDIES

Stethoscope

Grow, Baby, Grow!

Competitive supermoms, grab your tape measures: The rate of head growth in infancy and in the womb are linked to intelligence later in life. According to a study published in the journal *Pediatrics*, children whose heads grow faster than their peers' during babyhood are smarter at age 8. After infancy, however, the rate of increase in head circumference doesn't seem to have an impact.



Sweat a Little, People

While a leisurely stroll may fulfill the 10,000 steps per day experts recommend, it won't bestow the same benefits as a slightly more intense workout. While better than parking oneself on one's couch, low-intensity walking compares poorly with a moderate-intensity stint on a stationary bike or treadmill. Researchers at the University of Alberta found that sedentary folks who did the latter upped their peak oxygen intake by 10 percent; strollers only saw a 4 percent increase.

Pretend It's Your IQ

Dieters, consider becoming BFF with your mortal enemy, the scale. A study published in the *New England Journal of Medicine* shows that pound-shedders who weighed themselves daily — and made changes based on what the scale told them — kept the fat off better than those who preferred oblivion. Women in the study who both weighed themselves every day and received advice on how to keep the weight off were 82 percent less likely to gain back their extra heft.

Handling Ice Princesses (One-Handed)

Aladdin was a rascally fellow, but what if he'd had to do all of his antics on ice? He'd be ripped, like Andrew Buchanan, the Canadian who portrays the hero in "Disney on Ice: Princess Wishes" (at the Patriot Center Oct. 18-22). Express' Vicky Hallett found out what Buchanan has to do to get into character and into shape.

How strenuous is this show?

I do a lot of one-handed overhead lifts, so I need strength. I need it even more when they go wrong so I can save them. And there's a lot of

acrobatics and climbing ropes. All the numbers are so high-energy with difficult tricks, and you can't do that if you're sucking wind.



What do you do off the ice to stay in shape?

When we're off tour, I do weight training. I run outdoors in the mountains. And my fiancée, who's in the show, too, we do Bikram yoga, which has taught me to stretch my muscles. You don't want bulky muscles on the ice.

And on tour?

I stay away from cardio because with



COURTESY/Disney ON ICE

everything I do in the show, I find it's hard to keep muscle on. So it's strictly weight training, to keep up my mus-

cle mass, and stretching. I need that to lift girls over my head.

Are those princesses also buff?

They're the toughest girls, especially Mulan.

How do you power up for the show?

I'll have a protein bar, and a simple carbohydrate, like white bread. Breakfast is my favorite meal of the day — a big bowl of oatmeal with Splenda and cinnamon, and I make myself an omelette every morning.

That's the secret?

And water. And lots of green tea.

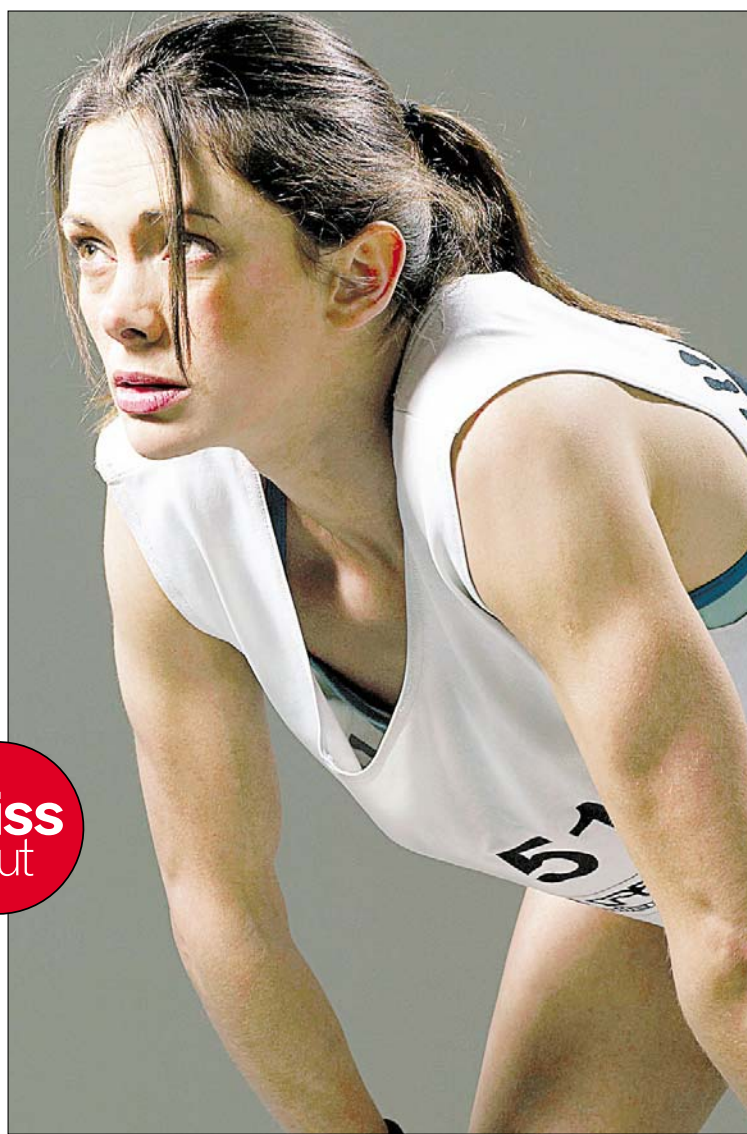
Race for the Pedicure

Treatments to boost folks training for the Marine Corps Marathon

Training for a marathon is an exercise in extreme self-discipline. You have adopt a strict workout plan, learn to tolerate energy gels and abandon any semblance of a weekend social life — all for the pleasure of punishing your body for 26.2 miles. And while nothing beats the exhilaration of crossing the finish line, a day at the spa is a close second. Skin Beauty Lounge's Marathon Training Relief package, available through Oct. 31 for the benefit of those running the Marine Corps Marathon on Oct. 29, is designed to soothe the sore, stressed bodies of running fiends.

PHILOSOPHY: A runner's body has specific needs, so the treatments — a sports pedicure and your choice of a medium-tension massage or a facial — are customized to target trouble spots such as the feet and back. No, a sports pedicure doesn't mean your feet are soaked in Gatorade and that you have to do sprints to dry the nail polish, and the massage (my choice) doesn't entail someone walking on your back wearing spikes. But the staff includes a pedicurist trained in massage therapy and a massage therapist who's run a marathon.

PROCEDURE: When you climb the stairs to the second floor of Skin Beauty Lounge's converted row house, and you feel more like you're visiting a friend than a pretentious spa. With Caribbean-inspired artwork and walls painted various shades of chocolate brown and



Bliss
Out

golden yellow, the cozy atmosphere exudes warmth and comfort.

A staffer leads you into a private room for your pedicure, a nice departure from the impersonal foot-factory rows at some spas. First, trail-worn feet are soaked

and softened in warm, bubbly water. Calves, ankles and feet are then massaged with a thick exfoliating scrub, with special attention paid to pressure points corresponding to areas of tension such as the neck and shoulders. Then there's

callus-buffing and toenail-filing to help prevent blisters and to ensure that running shoes fit properly. Finally, the best part: the application of a cooling gel, which has an invigorating, energizing effect (i.e. happy feet!).

Next is the full-body massage, in which muscles and joints are rubbed and aligned back into pre-training shape. Runners tend to experience tightness in the lower and upper back, so the therapist focuses

No, a sports pedicure doesn't mean your feet are soaked in Gatorade.

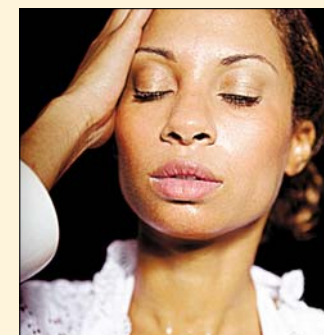
on these areas. The effect is tension-relief euphoria, transforming your stiff, robot-like muscles back to Gumby-esque flexibility.

OUTCOME: My posture and alignment were better while running the next day, and my shoes somehow felt cushier to my buffed and polished feet. Plus, my toes looked pretty. Also, a little pre-race pampering can give you the mental boost you need for the last few weeks of training, and it's a nice way to thank the body you've been abusing for months. COLLEEN EGAN

Skin Beauty Lounge, 404 8th St. SE; 202-543-6993; skinbeautylounge.com. Price: \$125. Duration: Two hours.

THE EXPERTS

SkinDeep



An End in Sight

Q I am a 24-year-old black female and I've had moderate acne since I was 11. Now, I have hyper-pigmentation and scarring. What's the best way to clear up my skin?

Despite the chill in the air, D.C.-based dermatologist Sandra Read says to keep the sunscreen handy. "Over time, these things tend to get better, as long as the acne has stopped," she advised. "When it's active, or you're exposed to the sun, you keep getting discoloration." If your breakouts are a thing of the past, "look for a good over-the-counter medicine with words like hydroquinone, retinoid, glycolic acid or polypeptide on the label," Read said. She favors the prescription cream Triluma for scarring.

If you've tried such products with no success, laser-based treatments or chemical peels can help. Both typically require multiple visits over several months and average \$200 to \$300 each. But once your skin evens out, the results should last a lifetime.

LYNN THORNE

Want us to ask a dermatologist your skin question? Send your query to skindeep@readexpress.com.

RECOVERY

Pampering for Patients

■ Seaweed-wrap lovers and mud-mask addicts are already reveling in Spa Week (spaweek.org), during which \$50 can score you almost any treatment in the city. But for cancer patients, skin treatments need to be extra sensitive to their redness, discoloration and dryness.

So Innovative Skincare, which gears its products toward those recovering from cancer, is hosting the iS Cancer Care Spa Day at the Washington Cancer Institute at the Washington Hospital Center (110 Irving St. NW; 202-877-2273) this Saturday. Anyone can sign up for an appointment to receive facials, massages and info on



COURTESY/INNOVATIVE SKINCARE

how to deal with the ravages of radiation by exfoliating and moisturizing.

"To treat the whole patient, you must help them feel better about their skin," said community outreach coordinator Lorna Delancy. After all, blotchy spots can be just as hard to handle as a bald head.

And once everyone's looking their best, they'll be treated to a talk by Dr. Julie Taguchi on "Sex and the Survivor." Just try getting that at another spa. v.h.

VITAL STATS

21

THE NUMBER OF PEOPLE KILLED IN PANAMA BY COUGH SYRUP CONTAMINATED WITH AN ANTIFREEZE-LIKE CHEMICAL, SAID THE CDC.



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A Humane Society Starts with You

The Humane Society of the United States has worked since 1954 to promote the protection of all animals. With nearly 10 million members and constituents, headquarters in the nation's capital, regional offices from coast to coast, and a family of affiliate organizations working around the globe, we celebrate the human-animal bond and confront animal cruelty in all of its forms both at home and abroad.

We work to reduce animal suffering and create meaningful social change by advocating for public policies to protect animals, investigating institutional and individual acts of cruelty and abuse, supporting the efforts of local animal shelters and humane organizations, educating consumers and retailers, and sending animal rescue teams into the field whenever and wherever disaster strikes.

We have made many advances on behalf of animals, but our work is far from done—and we need your help to continue creating a truly humane society.

Please support our work by designating #0452 for your CFC contribution.

**THE HUMANE SOCIETY
OF THE UNITED STATES**
2100 L Street, NW, Washington, DC 20037
202-452-1100 • www.hsus.org

We need them. They need us. We need you.



Until Every One Comes Home.®

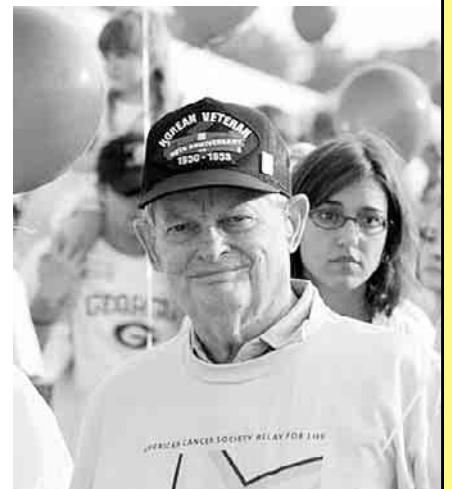
www.uso.org

CFC #0600



The **American Cancer Society** serves our community 24 hours a day, seven days a week. Your Combined Federal Campaign contributions will enable us to support

important American Cancer Society programs and services in our community.

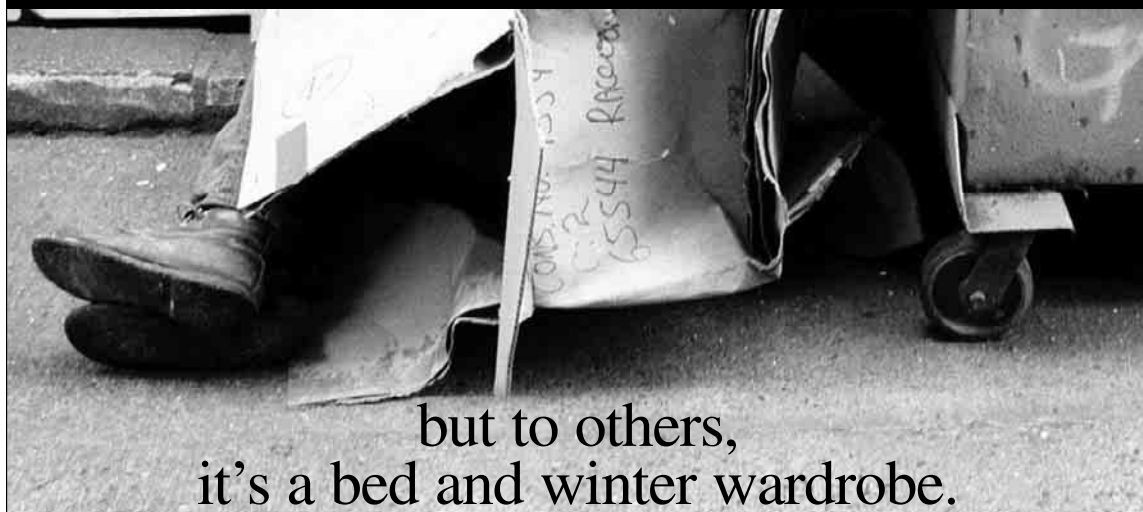


CFC # 8003



Hope. Progress. Answers.® / 1-800-ACS-2345 / www.cancer.org

To some people, this is just garbage...



but to others,
it's a bed and winter wardrobe.

Last year, So Others Might Eat (SOME) provided decent and dignified housing to 565 homeless men, women and children in our nation's capital.

*Having a safe place to sleep
shouldn't be a privilege.*

**To make a tax-deductible contribution,
call (202) 797-8806 or visit www.some.org**

Please designate SOME-United Way/CFC #8189



*Restoring Hope & Dignity
One Person at a Time.*

**Cough.
Sneeze.
Wheeze.**

Click.

For 60 million Americans, asthma and allergies are serious, chronic diseases. Now there's hope. Visit www.aafa.org today to get free information about research, prevention and treatment — and designate AAFA #1734 in your CFC pledge this fall.



Asthma and Allergy
Foundation of America®

for life without limits™

**IT'S HARD TO TIGHTEN YOUR BELT
WHEN YOU'RE WEARING DIAPERS.**



Every 51 seconds, a baby in America is born without health insurance. Now that's something to scream about. Call 1-800-CDF-1200 to find out how you can help.

CFC#2775

Children's Defense Fund

www.childrensdefense.org



Real Needs. REAL RESULTS.

Feed, teach, heal, provide shelter and offer hope.

Please support these or other Global Impact member charities listed in your workplace giving brochure:

**Global Impact (0300)*
Catholic Relief Services (0309)*
Christian Children's Fund (0324)*
Lutheran World Relief (0335)*
Project HOPE (0325)*
World Vision (0370)***

* Charity Code for Combined Federal Campaign

**GLOBAL
IMPACT**

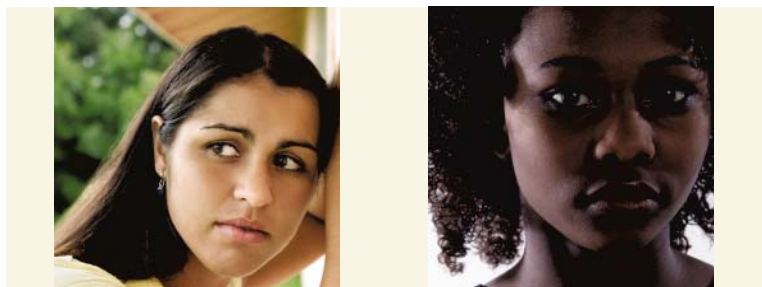
Assuring help for people in need



800.836.4620

CFC #0300 • www.charity.org

There's More to **Lupus** Than You Know



Diagnosed
with lupus,
age 19

First
Heart Attack,
age 35

Lupus is an autoimmune disease that causes inflammation and tissue damage to virtually any organ system in the body. While lupus affects mostly women of childbearing age, women and men of all ages and children can develop lupus. Its health effects can range from mild to life-threatening.

Call the Lupus Foundation of America at 888-38LUPUS or log on to our website at www.lupus.org to learn more.



CFC #0533



Please choose **NICWA #2733** on your CFC form.



Protecting our Children
Preserving our Culture



NICWA
National Indian Child Welfare Association
Protecting our children • Preserving our culture

For \$5 per pay period, 12 tribes will get child abuse prevention kits.
For \$10 per pay period, 25 tribal workers receive two hours of instruction.
For \$25 per pay period, 560 tribal leaders receive a legislative alert.

For more information, contact NICWA at: (503) 222-4044 or visit us at www.nicwa.org

1 in 2 school age children in our nation's capital is at risk of hunger.

For every \$1 donated to the Capital Area Food Bank, 92 cents goes directly toward food distribution and programs.



Photographed by Iwan

www.CapitalAreaFoodBank.org
CFC/United Way #8052
645 Taylor Street NE Washington, DC 20017
202.526.5844
6833 Hill Park Drive Lorton, VA 20079
703.541.3063

What we do depends on you!

When you designate **#8469—The Jewish Federation of Greater Washington** in your CFC or workplace campaign, you make possible services and programs that address critical needs.

Together, we can help Jews of all ages and all walks of life...anywhere in the world.

- 17,000 meals to seniors in need locally and another 33,000 to the elderly in Moscow.
- Innovative educational opportunities for our children.
- Vocational training for new immigrants to Israel.
- Jewish schools, libraries, and community centers to rekindle Jewish life in the former Soviet Union.
- Meaningful and accessible opportunities to be part of our own Jewish community.

Federation is the hub of Jewish service agencies in our community. Because we partner with agencies worldwide, we are able to respond to the unexpected and maintain services that any of us might need without notice.

Please decide to make a difference.



Designate
#8469

(301) 230-7239 • www.ShalomDC.org

There's a qualified

AUTO TECHNICIAN

reading Express.

To advertise a job, call
202-334-4100.

express
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THREE MILLION WOMEN IN THE UNITED STATES
HAVE BREAST CANCER TODAY. ONE MILLION OF
THEM DON'T KNOW IT YET. HELP US END THIS
DISEASE FOR EVERYONE.

BREAST CANCER

Say it!
Fight it!
Cure it!
Stop it!

NATIONAL BREAST CANCER COALITION FUND

WWW.STOPBREASTCANCER.ORG

202.296.7477 / 800.622.2838

CFC #9522

Lend a Helping Hand to the Defenseless Through Workplace Giving

For two decades the National Right to Life Educational Trust Fund has been the leader of a huge nationwide outreach to educate Americans about the grave threat posed to vulnerable people by abortion, infanticide and euthanasia. When you designate the National Right to Life Educational Trust Fund (agency #2844), your contribution enables us to be a voice for millions of innocent human beings who cannot speak for themselves.

This fall federal employees can contribute through the Combined Federal Campaign (CFC). Many state and local governments also offer employee campaigns. In addition, private sector and United Way employees can participate in workplace giving by pledging to:



National Right to Life Educational Trust Fund



Agency # 2844

Thank You!

Washington, DC 20004 • (202) 626-8800
email: nrlc@nrlc.org • www.nrlc.org



because you care



YOUR SUPPORT SAVES LIVES

UW/CFC Campaign #8222



The Washington Humane Society
7319 Georgia Avenue, NW
Washington, DC 20012
202-BE-HUMANE
202-234-8628
WWW.WASHHUMANE.ORG

Our mission:

To protect animals from cruelty and harm.

change



it's the chance for a
future



Coptic Orphans
Helping Children
Survive & Succeed

www.copticorphans.org
703-641-8910



CFC#0677

Not being able to read is like
living in the dark.

Bring Light. Give Hope.

Wycliffe

Literacy. Scripture Translation.
Language Development.

CFC #2050

1-800-WYCLIFFE www.wycliffe.org

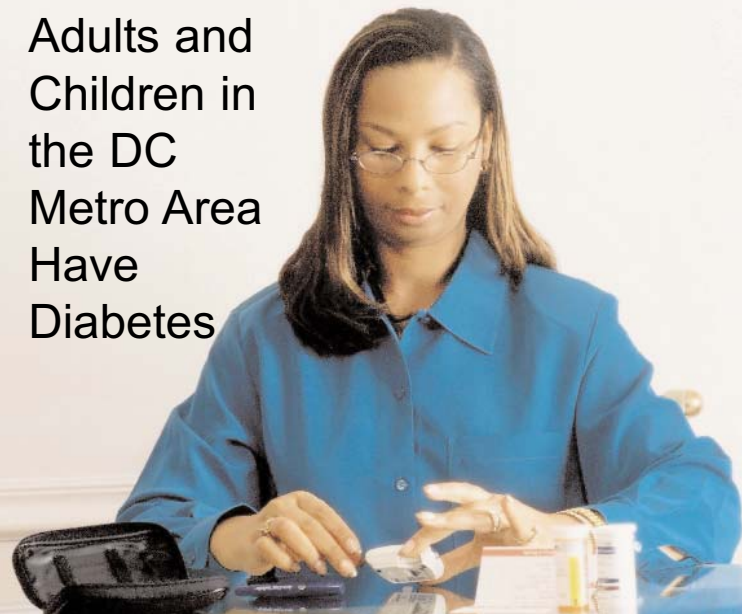


CFC CODE
#0505

**American
Diabetes
Association**
Cure • Care • Commitment®

ALMOST HALF A MILLION

Adults and
Children in
the DC
Metro Area
Have
Diabetes



CHOOSE **#0505** TO SUPPORT THE
RESEARCH, INFORMATION AND
ADVOCACY EFFORTS OF THE
AMERICAN DIABETES ASSOCIATION
diabetes.org 1-800-DIABETES



Families living with cancer,
HIV/AIDS and other illnesses
have enough worries . . .
eating the right foods shouldn't
be one of them. Support **Food
& Friends** today to help provide
specialized meals and nutrition
for children and adults facing
life-challenging illnesses.



**FOOD &
FRIENDS**
www.foodandfriends.org

CFC/United Way #8429

Blinded Veterans Helping Blinded Veterans

The Blinded Veterans Association (BVA), was established in 1945 to promote the welfare of blinded veterans.

We are here to help veterans and their families meet the challenges of blindness.

We are the only veterans service organization exclusively dedicated to helping blind and visually impaired veterans rebuild their lives.



800-669-7079
bva@bva.org

CFC 2155

Capital Hospice

your community's most caring experts

We traveled

- Hospice and palliative care wherever our patients call home -- assisted living, nursing facilities, and patients' own homes.

a million miles

- Family and caregiver support, including After Hours Call Center staffed by RNs.

for patients and families

- Inpatient and respite care at Halquist Memorial Inpatient Center.

last year.

- We turn no one away for lack of insurance and resources to pay for our care.

For information & referrals, please call

1-800-869-2136

Serving Northern Virginia, Washington, DC and Prince George's County, Maryland since 1977
Visit www.capitalhospice.org any time

Designate #

8434

TOP STOPS

Get our take
on best bets for
local entertainment
and fun things
to do tonight.

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A place of healing.
A place of hope.

Your support for The Children's Inn at NIH helps provide a "place like home" for over 1,400 families each year whose children are outpatients at the National Institutes of Health.

Your \$75 donation provides
a night at The Inn for one family.

CFC #9831
www.childrensinn.org

FEDERAL WORKERS

**Have You Been a Victim of Job Discrimination?
Have You Been Denied a Promotion?
Tired of Having Your Tax Dollars Spent
on Fraud, Waste and Abuse?**

**Designate Federal Employees Legal
Defense Fund, Inc. (FELDF)**

CFC 7982

**Through the Combined
Federal Campaign (CFC)
contributions FELDF helps
Federal workers enforce
federal civil rights
employment laws through
class action litigation.
Visit <http://www.feldf.com>**



**Now funding the EEOC certified race-based
discrimination class action: Janet Howard vs. Carlos M.
Gutierrez, Secretary-U.S. Department of Commerce**



We check hearts.



We clothe backs.



We defend rights.



We find homes.



We lift spirits.

We do more than feed people.



We're more than just bread for the city. Each month, we provide food, clothing, legal, medical, and social services to more than 10,000 children and adults.

**Your contributions make that possible.
Please help today.**

United Way/CFC #8219
202.265.2400

Give online at
www.BreadForTheCity.org

Design: Fixation • fixation.com

Christian Children's Fund

bringing hope and care to children around the world.




A child is waiting for you...please help.




Please choose CFC 0324

Visit ChristianChildrensFund.org or call
1-800-776-6767 to find out more about our work



Working families often earn enough to be ineligible for government aid, but not enough to afford high-quality childcare. Working Families need your help. Please support Hopkins House.




CFC# 8114

"A Learning Center for Children and their Families."


1224 Princess St. Alexandria, VA 22314
www.hopkinshouse.org

Help give rape victims a fair shake.



Crimes of rape and sexual assault are devastating for the victims. Only a small percentage of survivors ever report the crime, and when they do, they are often re-victimized by the criminal justice system. We are changing that. *End Violence Against Women (EVAW) International* trains police and other professionals all across the country in proper techniques to investigate sex crimes while being compassionate to the victims, so that when a victim of sexual assault does report, she gets a fair shake.

www.evawintl.org • CFC#1151



Sgt. Joanne Archambault
(Ret. San Diego PD),
Founder and Executive Director

End Violence Against Women International



8406. AMEN.

Preventing Homelessness Before It Starts

AMEN helps over 2,500 families each year with financial assistance, clothing, prescription drugs, and furniture. Every dollar goes to work for Arlington residents facing emergency situations. Please help today.

Help the Homeless 2006

Help AMEN fight homelessness – Walk November 18 in the National HTH Walkathon sponsored by Fannie Mae Foundation. Visit www.helpthehomelessdc.org to register and designate “AMEN” for your pledges.

CFC and United Way Designation #8406

Give online at www.emergencyneeds.org
P.O. Box 7429 Arlington, VA 22207



Photographed by Jonathan Skow

imagine a cure.



Mary Tyler Moore
International Chairman

Millions of children are living with type 1 diabetes. They'll never outgrow it. They'll need to check their blood sugar and take insulin shots every day. Their families will worry about the threat of complications like kidney failure, blindness and heart disease. That's why the science JDRF is funding is so critical. Already we've achieved life-changing advances through research. But imagine a cure. And help us move from research to reality. Call 800-533-CURE or visit www.jdrfcapitol.org.



dedicated to finding a cure

CFC #0529
United Way #8131



Two great ways you can help children lead healthy, happy lives



Landmines terrorize people even after wars are over and soldiers have moved on. Adopt-A-Minefield clears minefields, planting hope in place of fear, and making it safe for children and families to get back to their lives.



AIDS, TB and malaria kill millions needlessly each year. The Global Fund is the weapon through which the world fights back. Join us and help fund prevention and treatment efforts for these three deadly disease.

CFC #1255

CFC #1269



Learn more about these and other initiatives at www.unfoundation.org.

A quick read on the day's news.

Be sure to grab your copy of Express at the bright yellow news racks around town.

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Weekend Pass - Weekend concerts, movies, events, and more. *Thursdays.*

Weekend Styles - Stylish stuff for your wardrobe, your parties and your home. *Fridays.*



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